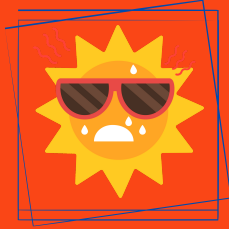


RISK FACTORS

1. HIGH HEAT AND HUMIDITY, ESPECIALLY JULY THROUGH OCTOBER, but can happen any month.



2. FOOTBALL PLAYERS AND RUNNERS ARE AT HIGH RISK



3. THOSE WHO ARE NOT ACCUSTOMED TO HEAT ARE MOST VULNERABLE

PREVENTION STRATEGIES:

START LOW, GO SLOW! GRADUALLY INCREASE OUTDOOR EXERCISE

STAY HYDRATED! DRINK PLENTY OF FLUIDS BEFORE AND AFTER EXERCISING

AVOID THE HOTTEST/MOST HUMID PARTS OF THE DAY

CONTACT AND RESOURCES

UF ORTHOPAEDIC SURGERY & SPORTS MEDICINE

(352) 273-7002

UF DEPARTMENT OF NEUROLOGY

(352) 733-0111

UF STUDENT HEALTH CARE CENTER

(352) 392-1161

RESOURCES & INFORMATION

Sports Related Concussions, UF Department of Orthopaedic Surgery & Sports Medicine

A Fact Sheet For Athletes, Centers for Disease Control and Prevention

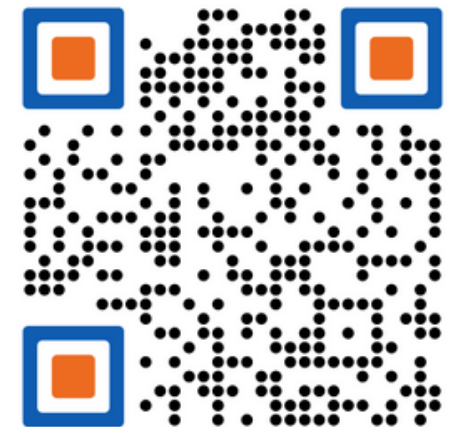
Outreach General Education Handouts, UF Department of Orthopaedic Surgery & Sports Medicine



medigators

Exertional Heat Stroke

KNOW THE SIGNS



SIGNS & SYMPTOMS

1. DIZZINESS; LOOKING "WOOZY" OR UNSTEADY
2. CHANGE OF MENTAL STATUS - NOT ACTING LIKE THEMSELVES
3. WEAKNESS; FATIGUE
4. NAUSEA



LIFE THREATENING SYMPTOMS

SEVERE FEVER
(>104 DEGREES)

SLURRED
SPEECH

CONFUSION

SEIZURES

LOSS OF
CONSCIOUSNESS

COMBATIVENESS

PARENTS & CAREGIVERS

NEXT STEPS

REMOVE CHILD FROM PLAY AND INTO SHADE IMMEDIATELY

ASSESS TEMPERATURE -
RECTAL TEMPERATURE IS
MOST ACCURATE



COOL CHILD QUICKLY WITH COLD WATER IMMERSION IN TUB. IF NOT AVAILABLE, ICE PACKS ON HEAD, NECK, ARMPITS AND GROIN PLUS

FAN

PLEASE REMEMBER:

COOL IMMEDIATELY

IF SYMPTOMS PERSIST, **CALL 911!**

IF YOUR CHILD IS NOT PROPERLY EVALUATED AND RAPIDLY COOLED, THEY HAVE AN **INCREASED CHANCE** OF SUFFERING **IRREVERSIBLE** DAMAGE OR **DEATH**.

COACHES: NEXT STEPS

REMOVE ATHLETE FROM EXERTION TO AVOID ADDITIONAL HEAT ACCUMULATION



ALERT ATHLETIC TRAINER OR OTHER MEDICAL STAFF TO EVALUATE ATHLETE

IMMEDIATELY SEEK EVALUATION BY A TRAINED HEALTHCARE SPECIALIST

