SAFE kids HEALTHY kids HAPPY kids





Each year about 300 Americans die in heat-related incidents. Many of them are healthy athletes and children.

Heat illness is usually due to a heavy loss of fluid and salt. A person often continues to play or exercise even after the body starts to suffer. As a result, heat exhaustion, dehydration or heat stroke can occur. Parents can take simple steps to prevent these heat-related illnesses.

- Get a physical exam before training. Tell the doctor if you have a past history of heat illness. Be honest about all medications you are taking.
- ***** Drink water or sports drinks before, during and after exercise. Do **not** drink caffeinated or alcoholic drinks. How much you drink depends on how big you are and how hot it is. The rule of thumb is to drink 6 – 8 ounces for every 15minutes of heavy exercise in the heat.

- * Rest and get something to drink if you feel bad. Listen to what your body is telling you. Do not be afraid of being a "wimp."
- **Avoid energy-boosting dietary** supplements like Ephedra. They can be dangerous.
- Prepare your body for the heat. Start slow. Gradually add more time and intensity. Many people are not prepared for long days in the sun, especially when they spend their days in air-conditioning playing video games.
- In general, take breaks every 30 minutes. Find some shade or airconditioning.
- Skip exercise if the humidity is very high.
- Wear a hat and use sunscreen. Sunburned skin does not sweat properly.
- Use fans, cool towels, ice packs and spray bottles to cool your body down.

Heat stroke can be deadly. It can also be prevented. Talk to your kids about the dangers of heat and exercise.

Call the Parent Help Line. We listen. We can find you help. 544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.