

Stay cool:

- ☉ Work out in early morning or late evening. Avoid the hottest times of the day.
- ☉ Reduce the intensity and duration of your workout.
- ☉ Take frequent rests and remove any hats.

Stay hydrated:

- ☉ Drink often and drink regularly. Do not rely on thirst, by the time you are feeling thirsty, there is already a significant fluid deficit.
- ☉ Drink more than just water. When you exert yourself, you lose electrolytes as well as fluid. Replacing the fluid alone (with just water) can lead to electrolyte imbalances. These imbalances can be life-threatening.
- ☉ Monitor your urine, it should be the consistency of lemonade, not apple juice.

Stay healthy:

- ☉ Know the warning signs of heat related illness and dehydration syndromes.

What to look for?

- ☉ Confusion – cannot remember simple things, complete simple/routine tasks.
- ☉ Irritability – a change in temperament.
- ☉ Belligerence – easily frustrated, compounded by the confusion and irritability.
- ☉ Lightheadedness
- ☉ Incoordination
- ☉ Fatigue – in excess of what would be anticipated.
- ☉ Paradoxical chills – goose bumps and shivering in the face of high environmental temperature (an ominous sign).

If you or someone else is exhibiting these symptoms:

- ☉ Stop the activity immediately.
- ☉ Move to a cool (shaded) area.
- ☉ Get some fluid (water, sports drink, IV).
- ☉ Contact a health professional