

Heat Illness Warning

Heat illnesses vary in severity from mild (cramping) to severe (heat stroke & even death). It is imperative that you observe the following guidelines to assist in recovery from a heat illness.

1. Continue to hydrate yourself with water and/or Gatorade:
 - Drink 24 oz (1 water bottle) of cold fluids for every pound that you have lost
 - **DO NOT** DRINK caffeinated beverages (e.g. coffee, tea, iced tea, Coke/Pepsi, mountain dew, etc.), “energy drinks” (e.g. Red Bull, Monster, 5-Hour Energy, Rock Star etc.) and alcoholic beverages. They cause you to produce more urine, so you lose even more fluids!
 - Stay away from carbonated beverages & sugary drinks (e.g. fruit juices/ punch, etc.).
 - Drink enough to satisfy your thirst. Eat a good meal (drink while eating) and continue to drink after the meal.
 - Stay out of the sun, move into the shade or if possible a cool low-humidity or air-conditioned environment.
2. Eat a good, nutritious diet which includes:
 - Low-fat, high carbohydrate, moderate protein foods
 - Fruits & vegetables
 - Stay away from fast foods!
 - Lightly salt foods to taste and/or eat foods high in sodium (e.g. ham & cheese, pizza, tomato sauce, soup, tomato juice/V8, pretzels, pickles, etc.)
3. Avoid taking any supplements, stimulants, and/or other medications unless prescribed for you by a Geisinger Sports Medicine Team Physician.
4. Monitor your urine color & output (urine color should be pale yellow to clear if you are properly hydrated)
5. **IMMEDIATELY** seek medical attention if any of the following occur:
 - Cramping, muscle spasms, convulsions
 - Nausea and/or vomiting
 - Elevated body temperature (>104°)
 - Severe headache, dizziness, confusion, and/or lethargy
 - Staggering body control, decreasing level of consciousness, intense thirst

Please do not hesitate to contact a member of the Geisinger Sports Medicine department should you have any problems and/or any questions.