

# HEAT ILLNESS SYMPTOMS AND TREATMENTS

(As Recommended by the National Athletic Trainers Association, (NATA) July 1999)

Heat illness is used to define several types of afflictions suffered when an individual experiences a rising body temperature and dehydration. Following are the different forms identified by the NATA.

	Symptoms	Treatment
<b>Heat Cramps</b>	<ul style="list-style-type: none"> <li>- Muscle spasms caused by an imbalance of water and electrolytes in muscles</li> <li>- Usually affects the legs and abdominal muscles</li> </ul>	<ul style="list-style-type: none"> <li>- Rest in a cool place</li> <li>- Drink plenty of fluids</li> <li>- Proper stretching and massaging</li> <li>- Application of ice in some cases</li> </ul>
<b>Heat Exhaustion</b>	<ul style="list-style-type: none"> <li>- Can be a precursor to heat stroke</li> <li>- Normal to high temperature</li> <li>- Heavy sweating</li> <li>- Skin is flushed or cool and pale</li> <li>- Headaches, dizziness</li> <li>- Rapid pulse, nausea, weakness</li> <li>- Physical collapse may occur</li> <li>- Can occur without prior symptoms, such as cramps</li> </ul>	<ul style="list-style-type: none"> <li>- Get to a cool place immediately and out of the heat</li> <li>- Drink plenty of fluids</li> <li>- Remove excess clothing</li> <li>- In some cases, immerse body in cool water</li> </ul>
<b>Heat Stroke</b>	<ul style="list-style-type: none"> <li>- Body's cooling system shuts down</li> <li>- Increased core temperature of 104° F or greater</li> <li>- If untreated it can cause brain damage, internal organ damage, and even death</li> <li>- Sweating stops</li> <li>- Shallow breathing and rapid pulse</li> <li>- Possible disorientation or loss of consciousness</li> <li>- Possible irregular heartbeat and cardiac arrest</li> </ul>	<ul style="list-style-type: none"> <li>- Call 911 immediately</li> <li>- Cool bath with ice packs near large arteries, such as neck, armpits, groin</li> <li>- Replenish fluids by drinking or intravenously, if needed</li> </ul>