

# SHOW-ME STATE GAMES HEAT SAFETY INFORMATION

Provided by  
University of Missouri  
Health Care

## UNDERSTANDING DEHYDRATION

### PREVENTION

Drink plenty of fluids, especially when working or playing in the sun.

Make sure you are taking in more fluid than you are losing.

Drink appropriate sports drinks to help maintain electrolyte balance.

For infants and young children, solutions such as Pedialyte® will help maintain electrolyte balance.

### SIGNS OF DEHYDRATION

Thirst	Dizziness
Less-frequent urination	Confusion
Dry skin	Increased heart rate and breathing
Fatigue	
Light-headedness	

### TREATMENT

If caught early, dehydration can often be treated at home under a physician's guidance.

In cases of mild dehydration, simple rehydration is recommended by drinking fluids.

Cases of serious dehydration should be treated as a medical emergency, and immediate action should be taken.



For general questions or concerns about the Show-Me State Games heat policy, please call **(573) 882-2101**.

**For emergencies, always call 911.**

## UNDERSTANDING HEAT STROKE

### PREVENTION

Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the beverages of choice. Avoid caffeinated tea, coffee, soda and alcohol, because these can lead to dehydration.

Wear lightweight, tightly woven, loose-fitting clothing in light colors.

Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.

Increase time spent outdoors gradually, to get your body used to the heat.

During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle.

Try to spend as much time indoors as possible on hot and humid days.

### SIGNS OF HEAT STROKE

Headache	Hot, dry skin that is flushed but not sweaty
Dizziness	High body temperature
Disorientation, agitation or confusion	Loss of consciousness
Sluggishness or fatigue	Rapid heartbeat
Seizure	Hallucinations

### TREATMENT

***Heat stroke is an emergency. Call 911 if you suspect someone is suffering from heat stroke.***

It is important for the victim to be treated immediately, as heat stroke can cause permanent damage or death. While you are waiting for medical help to arrive:

Get the person inside a cool building and have him lie down.

Remove the victim's clothing and gently apply cool water to the skin, followed by fanning to simulate sweating.

Apply ice packs to the groin and armpits.