

SPRING-FORD SENIOR HIGH SCHOOL

HEAT ILLNESS FACT SHEET

You have suffered what is classified as a “Heat Illness”. Heat illnesses vary in severity from mild (cramping) to severe (heat stroke & even death). You should observe the following guidelines to assist in your recovery:

1. Continue to hydrate yourself with water and/or Gatorade
 - Drink 24oz (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, Jolt, etc.) and alcoholic beverages --> they cause you to produce more urine, so you end up losing 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) --> continue to drink after the meal
2. Eat a good, nutritious diet-
 - 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 your physician.
4. Monitor your urine color & output (urine color should be pale yellow to clear if you are properly hydrated)
5. **IMMEDIATELY** call your doctor or 911 if any of the following occur:
 - cramping / muscle spasms / convulsions
 - nausea and/or vomiting
 - elevated body temperature ($> 104^{\circ}$)
 - severe headache, dizziness, confusion, and/or lethargy
 - staggering body control, decreasing level of consciousness, intense thirst