Heat Illness Prevention

Risks: High-intensity exercise, hot/humid, overweight, out of shape or not acclimated

Keep Cool
- The cooler you stay the harder you’ll play
- Frequent water breaks and open water policies. Fluid readily available. Get in shade during breaks whenever possible

Hydration is Key
- Right amount and type of fluids
  - 7–10 ounces before
  - 10–12 ounces every 15 minutes
  - 20–24 ounces/pound lost in practice

Gear Up
- Wear, light colored-breathable materials
- Use sunscreen

Watch Your Buddies
Especially if overweight or prone to problems in the heat
- Confusion/irrational behavior
- Headache
- Sluggish
- Cramping
- Vomiting
- Stop Sweating
- Recently ill

First Aid Tips
- Change to dry clothes if they get soaked
- Ice/cold towels on neck/armpits, groin etc. if getting overheated
- Move to cooler/shaded area
- Remove wet, soaked socks, shoes and clothing to allow cooling
- If disoriented, cramping severely or have stopped sweating, call 911
The AMITA Health Orthopedics Institute is a national leader in musculoskeletal care, offering comprehensive and advanced care for a wide range of conditions. We are proactive about keeping you active. That is why our multi-disciplinary orthopedic teams enlist a comprehensive leading edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries.

Our team of highly-experienced board-certified physicians, surgeons, therapists and nurses are dedicated to providing patients of all ages with a personalized treatment program that is customized for your condition, lifestyle and personal preferences.

We work hard to prevent sports-related injuries, which have become increasingly more common among athletes, especially children. AMITA Health Sports Medicine Outreach Liaisons keep kids active and participating in the extracurricular activities they enjoy by delivering educational programs and support for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic care.

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@amitahealth.org or call us at 224.273.2416