

# SHOW-ME STATE GAMES HEAT SAFETY INFORMATION



## DEHYDRATION

### PREVENTION

- Drink plenty of fluids, especially when working or playing outside.
- Make sure you are taking in more fluid than you are losing.
- Drink water and eat healthy foods to maintain your electrolyte balance.
- Consider occasional electrolyte solutions like sports drinks or Pedialyte®.

### SIGNS OF DEHYDRATION

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

### TREATMENT

- In cases of mild dehydration, simple rest and rehydration is recommended.
- In cases of severe dehydration, seek medical help.

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

For emergencies, always call **911**.



## HEAT STROKE

### PREVENTION

- Drink plenty of fluids during outdoor activities, especially on hot days. Avoid caffeinated tea, coffee, soda and alcohol, as these can lead to dehydration.
- Wear clothing that is lightweight, tightly-woven, loose-fitting and light-colored.
- Protect yourself from the sun by wearing a hat and 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.
- Mist yourself with a spray bottle if you get hot.
- Try to spend as much time indoors as possible on hot and humid days.

### SIGNS OF HEAT STROKE

- Headache
- Dizziness
- Disorientation, agitation or confusion
- Sluggishness or fatigue
- Seizure
- Hot, dry skin that is flushed but not sweaty
- High body temperature
- Loss of consciousness
- Rapid heartbeat
- 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. While you are waiting for medical help to arrive:
  - Get the person inside a cool building and have him or her lie down.
  - Remove the victim's clothing. If available, cool the person with water from a misting bottle.
  - Apply ice packs to the groin and armpits.