



# PLAYING IT SAFE IS COOL: WATER HELPS BEAT THE HEAT

Physical activity, whether at work or play, must be balanced with actions to keep the body cool and prevent heat-related illness. The body uses water to maintain temperature and cool working muscles.

## TIPS TO KEEP COOL



- ☀️ Wear lightweight, light-colored, loose-fitting clothes.
- ☀️ Protect yourself from the sun by wearing a wide-brimmed hat or using an umbrella.
- ☀️ Drink more fluid regardless of your activity level. Cool fluids are preferred. Don't wait until you are thirsty to drink. Limit liquids that contain caffeine, alcohol or large amounts of sugar.
- ☀️ Use misting water on the body to keep cool or take a cool shower or bath. Spend time in air conditioning. If your home is not air conditioned, go to the mall or public library.

## COOL DOWN WHILE EXERCISING

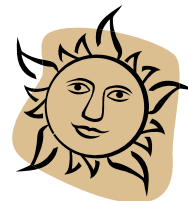
- ☀️ Schedule vigorous activities for cooler times of the day — before 10 a.m. and after 6 p.m.
- ☀️ Drink water or other fluids before starting to play. Water is the best choice.
- ☀️ Include regular breaks for fluids during practice and games.
- ☀️ Drink every 20 minutes during activity and more after playing.
- ☀️ Rotate team members more often to give breaks in hot weather.
- ☀️ Take rests in the shade when possible.



## WARNING SIGNS OF HEAT-RELATED ILLNESS

Any of the following symptoms may indicate a heat-related illness:

- ☀️ Headache, dizziness, confusion or loss of consciousness
- ☀️ Skin hot and dry, or pale and clammy with heavy sweating
- ☀️ Fatigue, muscle weakness or cramps
- ☀️ Abdominal cramps, nausea or vomiting



**Check regularly** on infants and young children, people aged 65 and older; and people who have a mental or physical illness. **Never leave children or pets** in a car. Even with the windows open, on an 85-degree day the temperature will reach 102 degrees in 10 minutes, and 120 degrees in 30 minutes. **Respond quickly** to any suspected heat-related illness. If necessary, call a health care provider or visit the local hospital emergency room.