

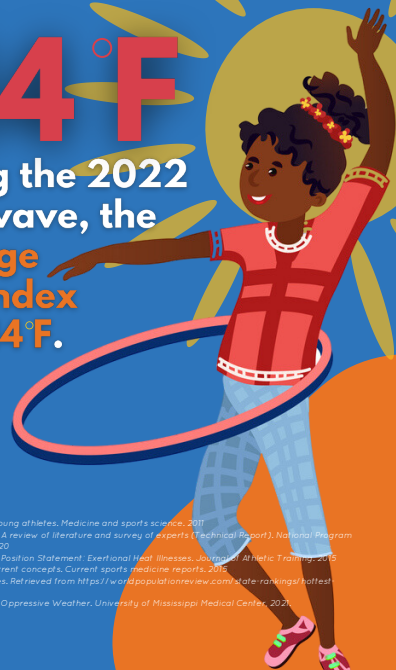
MISSISSIPPI IS THE FIFTH HOTTEST STATE IN THE UNITED STATES.

Hot weather means it is more important than ever to keep active kids safe whenever outdoors. Kids can get sick from heat easier than adults.

Heat illness is a rising risk for student athletes, and football players are at highest risk.

114°F

During the 2022 heat wave, the average heat index was 114°F.



IS YOUR STUDENT ATHLETE AT RISK FOR HEAT ILLNESS?

Some factors place young athletes at higher risk from heat:

- ☀️ Low fitness
- ☀️ Dehydration
- ☀️ Fatigue
- ☀️ Heavy clothing/equipment
- ☀️ Long or intense exercise
- ☀️ Certain drugs including ADHD medications (consult your Primary Care physician)
- ☀️ Certain chronic conditions (consult your Primary Care physician)

CONTACT US

For more information about heat illness or the effects of climate change:



Mississippi Health Professionals for Climate and Health Equity
<https://www.msclimateandhealthequity.com/>

KEEP IT COOL, KIDS!

KEEPING KIDS SAFE IN WARMING SUMMERS



SOURCES
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KEEP IT COOL, KIDS

HOW TO RECOGNIZE, PREVENT & TREAT HEAT ILLNESS IN STUDENT ATHLETES & OTHER KIDS OUTDOORS

SIGNS & SYMPTOMS

HEAT CRAMPS

Brief muscle cramps or spasms

DEHYDRATION

Increased thirst or dry mouth; headache; lack of energy; reduced or darker urine

HEAT EXHAUSTION

Dehydration; headache; dizziness; heavy sweating; nausea or vomiting; muscle cramps

HEAT STROKE

Headache; dizziness; heavy sweating; nausea or vomiting; fainting; hot skin; high heart rate and breathing; potential seizures

TREATING HEAT ILLNESS

Consult your coach for your team's action plan. Treatments include:

-  Remove extra clothing and equipment
-  Move to a shaded or air-conditioned area
-  Cool the body with cold cloths or ice
-  Drink cold water or sports drink if not nauseated or vomiting
-  Raise legs above heart level to support blood flow
-  **Call 911** if signs and symptoms continue or become worse

HOW TO PREVENT HEAT ILLNESS



Drink plenty of water. Don't wait until your child feels thirsty.



Look for shade. Provide a shaded space for breaks.



Enforce more breaks. Increase the number of breaks in shaded areas with water.



Limit equipment whenever safe. Limit activities that require heavy equipment like helmets and shoulder pads.



Schedule events earlier or later. Schedule events earlier or later when it is cooler.



Consider climate change. Keep summers safe by helping reduce air pollution. Higher levels of pollutants lead to extreme heat events.

RETURNING AFTER HEAT ILLNESS

Children need time off to recover and be free of symptoms before return to play. Seek medical clearance for safety.

