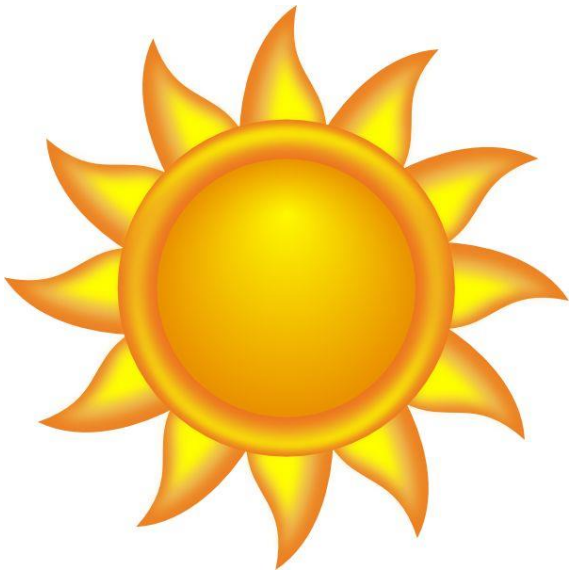

Be careful!

It's easy to get caught up in the fun on a hot summer day and not pay attention to how the heat is affecting your body—but ignoring the heat can lead to illness and death. This can be avoided by acclimatization, planning, resting, keeping an eye on each other, and drinking plenty of water.

Things to think about:

- Make sure to have an adequate supply of drinking water available to all
- Plan
- Plan contingencies
- Stay hydrated – mostly with plain water, supplemented with sports drinks, or juice or milk. Not too many sugary drinks.
- Know risk factors for your group
- Know the signs and symptoms of heat illness and take the proper steps to avoid and treat. Remind Scouts that it is OK to opt out of activities and to self-report not feeling well.
- Make sure to use the buddy system and make sure your buddy is drinking an appropriate amount - and peeing an appropriate amount. Have them check their own color though ;)

Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

Doing ok. You're probably well hydrated. Drink water as normal.

You're just fine. You could stand to drink a little water now, maybe a small glass of water.

Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.

Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter of water if you're outside and/or sweating.

Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor.

For more information visit www.urinecolors.com

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

Beware of Heat Stress

Heat Exhaustion

Your body attempts to adapt to the heat through heavy sweating. You may start to become dehydrated as you lose water and electrolytes.

Symptoms

Fatigue
Nausea
Headache
Excessive thirst
Muscle aches/cramps
Weakness
Sweats,clammy skin
Slowed/weakened heartbeat
Dizziness

Heat Stroke

MEDICAL EMERGENCY

Your body is no longer able to cool itself and your body temperature rises dangerously.

Symptoms

Decreased sweating/urination

Hot, flushed, or dry skin

Rapid heart rate

Shortness of breath

Increased body temperature

Confusion, agitation, seizure or loss of consciousness

Know the Symptoms!

Find a cool place

Air-cooling systems help reduce heat exposure.

Stay Hydrated

Avoid sugary, caffeinated and alcoholic drinks

Preventing Heat Stress

Take Frequent Breaks

Slow Down!

Your body needs time to adjust to the heat.
Don't overexert yourself performing physical tasks.