

# VIRGINIA SUMMERS ARE GETTING HOTTER DUE TO CLIMATE CHANGE.

Hotter summers mean it is more important than ever to keep active kids safe.

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.**

# 10%

During a 2020 Virginia heat wave, **1 in 10** heat illness emergency visits were for kids.



## 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 physician)

## CONTACT US

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



Virginia Clinicians for Climate Action

Publication endorsed by **VDH** VIRGINIA DEPARTMENT OF HEALTH

# 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

## 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.

## RETURNING AFTER HEAT ILLNESS

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

