

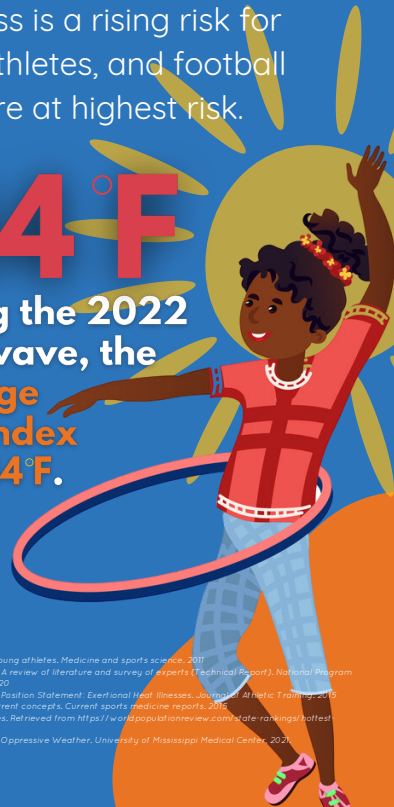
# MISSISSIPPI IS THE **FIFTH** **HOTTEST STATE** IN THE UNITED STATES.

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.msclimateandtheequity.com/>

# KEEP IT COOL, KIDS

KEEPING KIDS SAFE IN WARMING SUMMERS



SOURCES

- Falk, B., & Dolan, R. Temperature regulation and elite young athletes. *Medicine and sports science*, 2011.
- Kennedy, E., et al. *Thermally Comfortable Playgrounds: A review of literature and survey of experts (Technical Report)*. National Program for Playground Safety, University of Northern Iowa, 2020.
- Casa, D., et al. *National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses*. *Journal of Athletic Training*, 2015.
- Krohn, AB, Sikka, B, Olson DE. Heat illness in football: Current concepts. *Current sports medicine reports*, 2016.
- *World Population Review, State Rankings, Hottest states*. Retrieved from <https://worldpopulationreview.com/state-rankings/hottest-states>.
- Coleman, B. *How Mississippians Can Survive Summer's Oppressive Weather*. University of Mississippi Medical Center, 2021.

# 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.

