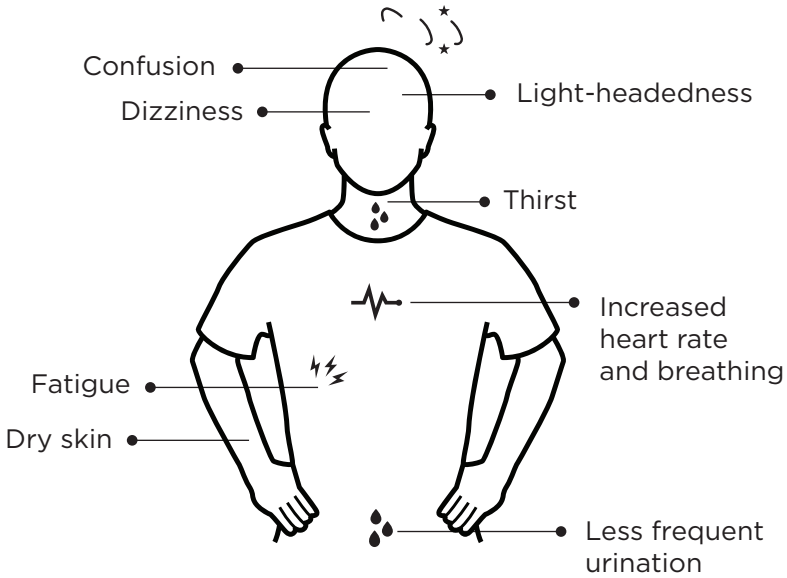




SHOW-ME STATE GAMES

HEAT SAFETY INFORMATION

SIGNS OF DEHYDRATION



PREVENTION



Drink plenty of fluids, especially when working or playing outside.



Make sure you are **taking in more fluid** than you are losing.



Drink water and **eat healthy foods** to maintain your electrolyte balance.



Consider occasional **electrolyte solutions** like low-sugar or sugar-free sports drinks or Pedialyte®.

TREATMENT



In cases of mild dehydration, simple rest and rehydration is recommended.



In cases of severe dehydration, seek medical help.

For general questions or concerns about the Show-Me State Games heat policy, please call **(573) 882-2101**. For emergencies, always call **911**.



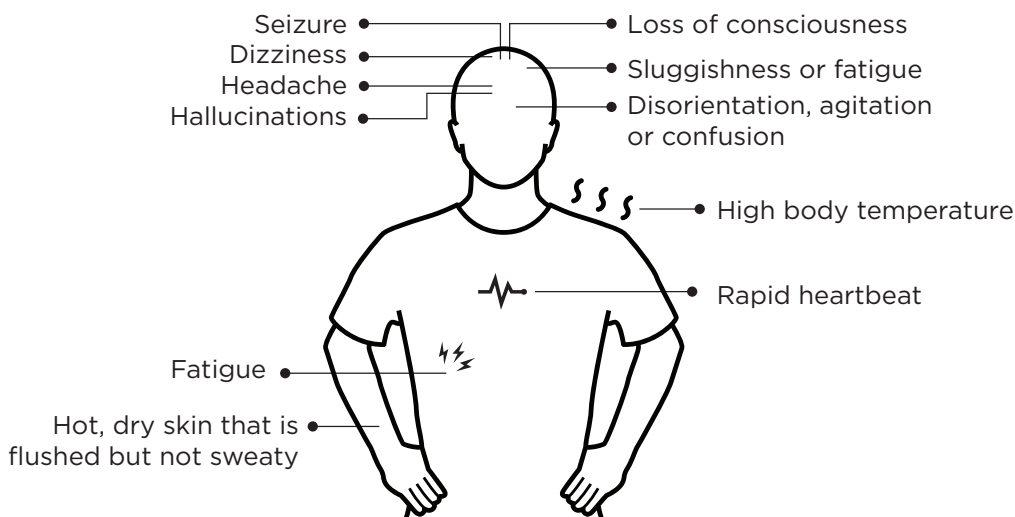
Health Care



SHOW-ME STATE GAMES

HEAT SAFETY INFORMATION

SIGNS OF HEAT STROKE



PREVENTION



Drink plenty of fluids, during outdoor activities. Avoid caffeinated tea, coffee, soda and alcohol, as these can lead to dehydration.



Protect yourself from the sun by wearing a hat and sunglasses and using an umbrella.



Mist yourself with a spray bottle if you get hot.



Wear clothing that is lightweight, tightly woven, loose fitting and light colored.



Increase **time spent outdoors gradually** to get your body used to the heat.



During outdoor activities, **take frequent drink** breaks.



Try to spend **as much time indoors** as possible on hot and humid days.

TREATMENT

HEAT STROKE IS AN EMERGENCY.

Call 911 if you suspect someone is suffering from heat stroke.

It is important for the person to be treated immediately. While you are waiting for medical help to arrive:

- Get the person inside a cool building and have him or her lie down.
- Remove the person's clothing. If available, cool the person with water from a misting bottle.
- Apply ice packs to the groin and armpits.