

HEAT

CAN

KILL.

Prevention Works

- ◆ Hydrate! Drink plenty of water to replace the fluid you lose when you sweat.
- ◆ Hydrate early - don't wait until you feel thirsty. During exertion your body needs water long before you feel thirsty.
- ◆ Maintain good eating habits - don't try low calorie diets while training in a hot environment.
- ◆ Remind your buddy to drink. Refill your canteens at every opportunity.
- ◆ Monitor your urine output. If it is dark, then you need to drink more water. If, after rehydrating, you are not urinating, then tell your instructor or consult medical staff.
- ◆ Eat enough food to maintain salt intake. Table salt may be added to food, but salt tablets are not recommended.
- ◆ Avoid drinking more than 1.5 quarts of water per hour or 12 quarts per day.
- ◆ Many medications and some nutritional supplements may make you more susceptible to heat illness. Ask the medical staff about medications you are taking and how they may affect you in the heat.

Notify an instructor if you:

- are dizzy or having trouble walking.
- have a headache.
- are nauseated or vomiting.
- are feeling very tired or weak.
- are confused, or if your buddy notices you are "acting strangely."
- are sick or were sick yesterday.
- are on any medications that may affect you in the heat.