

EXERTIONAL HEAT ILLNESS IN SPORT SIGNS & SYMPTOMS

Exertional Heat Illness is a term used for medical conditions caused by exposure to heat during physical activity.

MUSCLE CRAMPS	<ul style="list-style-type: none">▶ Abdominal, arm or leg muscle pains▶ Muscle spasms
HEAT SYNCOPE	<ul style="list-style-type: none">▶ Dizziness▶ Fainting▶ Headache▶ Vomiting
HEAT EXHAUSTION	<ul style="list-style-type: none">▶ Profuse sweating▶ Weakness▶ Nausea/Vomiting▶ Headache▶ Dizziness▶ Muscle cramps▶ Rapid weak pulse▶ Extreme thirst
HEAT STROKE	<ul style="list-style-type: none">▶ Rapid pulse▶ Confusion▶ Red, hot and dry skin (no sweating)▶ Irrational behavior▶ Seizures▶ Unconsciousness

**HEAT STROKE IS A MEDICAL EMERGENCY.
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

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