

RECOGNIZE DEHYDRATION



Nausea



Headache



Weakness



Fatigue/Exhaustion



Light-headedness



Vomiting



Fainting



Poor Concentration



Loss of Muscle Coordination



Decreased Performance

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COMBAT DEHYDRATION

START BODY COOLING

Remove excess clothing and equipment to start the body-cooling process.

REDUCE BODY TEMP

Move the athlete to a cool/shaded area. Use fans or ice towels as needed.

ELEVATE THE LEGS

Place the athlete flat on their back. Elevate the legs above the level of the heart.

MONITOR ATHLETE CLOSELY

If the athlete is in significant distress or not showing signs of feeling better, contact emergency medical staff immediately.

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