

How Water Can Help Prevent Heat Stroke

Article taken from Culligan.com



As temperatures heat up for summer so will outdoor activities. But while exercising outdoors can be fun, keep in mind that you will most likely exert an extra amount of energy. This dangerous combination of external and internal heat can lead to high body temperature, which can potentially lead to heat stroke. It's important to understand how this harmful medical condition can come about, recognize the symptoms and know how to prevent heat stroke this summer.

Signs Of Heat Stroke

Heat stroke occurs when the core body temperature is greater than 104° Fahrenheit. The increase in body temperature is caused by exposure to high temperatures and additional heat generated through physical activity and dehydration. Symptoms include *headache, dizziness, muscle cramping, nausea and vomiting and rapid heartbeat*, just to name a few, and in extreme cases of seizure and unconsciousness.

Beat The Heat With Water

One of the most effective ways to avoid heat-related illness from happening is to drink plenty of water and try to avoid drinks that don't offer optimal hydration, like soda and coffee. If you're looking to quench your thirst, you can make flavored water drinks that offer the additional benefit of natural electrolytes—which help maintain your body's fluid balance for proper functioning. During the hotter days of summer, the Occupational Safety and Health Administration recommends drinking one cup of water for every 15 minutes you're outside in order to stay hydrated. You can also use water when treating heat stroke by spraying or sponging cool water onto the body to help lower spiked temperatures.

Other Ways To Stay Cool In The Summer

Wear loose clothing, especially if you're working out in the sun, so that internal heat can more easily escape your body. And stay shaded, be it with a large floppy sun hat, under an umbrella or in the shadow of a large tree, small choices like these can help with preventing heat exhaustion.

Do you have 30 seconds?

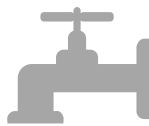
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