

Recognizing Heat-Related Illness in Campers

Heat-related illnesses can develop quickly in hot weather, especially in young children. As camp staff, it's essential that you recognize early warning signs and respond immediately.

Heat Exhaustion is the most common condition and can include:

- Heavy sweating
- Pale, cool, or clammy skin
- Dizziness or fainting
- Nausea or vomiting
- Headache
- Muscle cramps
- Fatigue or weakness

Heat Stroke is a medical emergency and can include:

- Hot, red, or dry skin (no sweating)
- Confusion, irritability, or slurred speech
- Rapid pulse
- Unconsciousness or seizures

If a camper shows any of these signs:

1. Move them to a shaded or air-conditioned area.
2. Encourage them to sip cold water.
3. Apply cool, damp cloths to their skin.
4. Notify a director, your coach, or a nurse immediately.

Always err on the side of caution. When in doubt, alert a director. Early intervention prevents serious health issues and ensures every camper has a safe, fun day.