GATORADE®
THE SPORTS FUEL COMPANY

RECOGNIZE DEHYDRATION

- Nausea
- Vomiting
- Headache
- Fainting
- Weakness
- Poor Concentration
- Fatigue/ Exhaustion
- Loss of Muscle Coordination
- Light-headedness
- 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.