



A MINUTE OF HEALTH WITH CDC

Keep Your Cool

Nonfatal Sports- and Recreation-Related Heat Illness Treated in Emergency Departments — United States, 2001–2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

In any sport, winning requires hard work and dedication, but it also requires staying healthy. Getting overheated is one of the leading causes of death and disability among young athletes. Nearly 6,000 people are treated in emergency rooms each year for heat-related illnesses while participating in recreational activities. One-third are between the ages of 15 and 19. Coaches and recreational athletes alike should be aware of the symptoms of overheating and have a plan for preventing it, including gradual acclimation to the heat, practicing early or late in the day, and taking plenty of water breaks.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.