

GOING TO CAMP IN EXTREME HEAT

Laura Irvin, DO, Sports Medicine, Baylor Scott & White Health

{**ON CAM**}

SUMMER CAMP CAN BE A GREAT OPPORTUNITY FOR KIDS TO GET TOGETHER FOR FUN AND OUTDOOR ADVENTURES. BUT WHAT ABOUT STAYING SAFE IN THIS HEAT?

{**TAKE VO**}

SPORTS MEDICINE DOCTOR LAURA IRVIN SAYS KIDS WHO ARE ON-THE-GO MAY BE LESS LIKELY TO PAY ATTENTION TO THEIR THIRST AND HUNGER SO IT'S IMPORTANT TO TALK TO YOUR CAMPER ABOUT EATING AND DRINKING THROUGHOUT THE DAY.

ANOTHER WAY TO PROTECT AGAINST HEAT-RELATED ILLNESS IS TO PROTECT YOUR SKIN. IRVIN SAYS APPLYING SUNSCREEN HELPS PREVENT DEHYDRATION – SO REAPPLY OFTEN.

WHAT ABOUT FILLING UP THOSE WATER BOTTLES? EACH CAMP MAY HAVE CERTAIN GUIDELINES, SO CHECK WITH THEM – BUT IRVIN SAYS, AS A SPORTS MEDICINE DOCTOR, SHE HAS A RULE-OF-THUMB ABOUT WHAT TO DRINK.

{**TAKE SOT**}

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“If you've been outside for more than an hour, it's also hydrating not just with water, but with the sports drink that has electrolytes for you, too.”

{**ON CAM**}

DOCTOR IRVIN SAYS IF ANYONE BECOMES LETHARGIC OR CONFUSED AFTER SPENDING TIME IN THE SUN – IT COULD BE A SIGN OF HEAT STROKE ... WHICH WARRANTS A CALL TO 9-1-1.