

Heat Can KILL!

Prevention Works

Drink:

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.

Eat:

- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.
- Do not follow low calorie diets while training in a hot environment.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.

Army Values: Loyalty, Duty, Respect, Selfless-Services, Honor, Integrity, & Personal Courage.



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contact the U.S. Army CHPPM (800) 222-9698

