

Medical Information

Medical personnel will be present at all venues and activities throughout the Games. They can be identified by their red Special Olympics medical shirts. Medical will also be available in each dorm. Call the Games Control Center or front desk of the dorm for medical assistance and the closest medical person will be dispatched to your location.

Health Preparation Checklist:

- Medications
 - Each athlete or Delegation member who is taking medication should have a supply of medications for the duration of the Games. It is important that those individuals who are taking medication also bring an accurate list of medications taken, as well as a schedule indicating the exact dosage. Should an athlete or Delegation member require assistance, the medical staff must have accurate information regarding that person's medication in order for proper treatment to be provided. All medications must be in their original prescription containers.
- Personal Health Items
 - An athlete should have good sunscreen and lip balm in addition to the usual toiletries. Each athlete should try the sun screen before the Games to be sure that it does not cause skin irritation or an allergic reaction. Remember, everybody burns regardless of skin pigmentation.
- Diet
 - A balanced diet is essential to an athlete's performance at the Games.

Common Medical Problems

- Muscle Cramps
 - These cramps usually involve the arm, leg, or abdominal muscles. An athlete experiencing muscle cramps should be taken to the nearest medical station for care. Treatment for muscle cramps consists of fluid replacement with water or a weak salt solution. An athlete who is treated for muscle cramps should have extra rest and plenty of fluids.

- Seizures
 - Most seizures are self-limited and last two to four minutes. First aid for seizures consists of gently protecting the individual from injury, gently turning the individual's head to the side so that any saliva and vomit drains from the mouth, calling the nearest medical station and remaining with the individual.
- Sunburn
 - All participants should worry about sunburn even on cloudy days. Protect athletes and yourself by using a sunscreen applied several times each day. Medical stations will not have sunscreen to distribute because of the chance of allergic reactions.
- Heat Exhaustion
 - Heat exhaustion occurs when the body is unable to adjust to the heat. Some of the signs and symptoms are cold and damp skin, profuse sweating, headache, weakness, dizziness, nausea, listlessness, dim or blurred vision, apprehension, irritability and/or mild muscle cramps. Preventative measures include ensuring your athletes get enough fluids and wearing clothing that is light, loose, and well ventilated. If your athlete/partner does begin to show signs of heat exhaustion, take him/her to the nearest medical station.
- Heat Stroke
 - Heat stroke occurs when an individual is exposed to high temperatures, intense sunshine and/or poor ventilation in association with strenuous exercise for prolonged periods. The body is unable to regulate itself and the following signs and symptoms will appear: weakness, muscle cramps or twitching, anxiousness, listlessness, sudden loss of consciousness, high fever and/or flushed, dry, hot skin. If your athlete/partner begins to show any of the above, take him/her immediately to the nearest medical station.
- Liquids
 - Each athlete/partner should drink extra fluids with meals and at regular intervals at the sports venues.

- Special Needs

- Coaches should know each of their athlete's/partner's needs for protective or special athletic equipment.
- Athlete Medicals and Releases
 - Coaches must carry a copy of each athlete's medical and release at all times.