

Heat Illnesses: Avoid, Spot, and Treat

Summer is here and EH&S would like to remind the campus community to stay hydrated and cool during the hot weather!

You should know how to **AVOID** heat illness during hot weather, **SPOT** symptoms of a heat illness, and **TREAT** your body when you have a heat illness.

How to AVOID Heat Illness During Hot Weather

- Drink plenty of water.
- Find air-conditioned places to cool off.
- Wear a hat and sunscreen when you go out.
- Wear lightweight, light-colored, and loose-fitting clothes you go out.



How to SPOT Heat Illness Symptoms

- High body temperature
- Changes in pulse
- Dry skin
- Cramping
- Headaches
- Confusion
- Dizziness
- Upset stomach
- Weakness
- Fainting

How to TREAT Your Body When You Have a Heat Illness

- Cool your body down by doing things such as drinking cool, nonalcoholic, and noncaffeinated beverages or fanning yourself.
- Drink water.
- Rest.
- Get medical attention if symptoms are severe.

Helpful Resources

- Cal/OSHA Heat Illness Prevention:
• <https://www.dir.ca.gov/dosh/heatillnessinfo.html>

