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 when 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](https://www.dir.ca.gov/dosh/heatillnessinfo.html)