

How to Handle the Texas Heat

Preventing Heat Related Illnesses

The summer temperatures in San Antonio can reach up to 105° by midday. You can avoid heat-related illnesses on campus by following these tips.

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.
- Dress for summer. Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or other non-alcohol fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
- Do not drink alcoholic beverages.
- Do not take salt tablets unless specified by a physician.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

Sunburn

Redness and pain. In severe cases swelling of skin, blisters, fever, headaches.

First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

Heat Cramps

Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.

First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

Heat Exhaustion

Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.

First Aid: Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

Heat Stroke

High body temperature (106° F. or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.

First Aid: Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids. Persons on salt restrictive diets should consult a physician before increasing their salt intake.

This message is brought to you by

 Student Health Services

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