



The University of Georgia

## **Heat Related Illness Tips and Suggestions UGA Office of Security and Emergency Preparedness**

### Heat Guidelines:

- Limit time outdoors
  - If possible, go outdoors during the coolest part of the day
  - Plan strenuous outdoor activity for early morning or late in the day
  - Stay in the shade if possible when going outdoors
- Drink lots of liquids
  - Drink water, diluted fruit juice, or sports beverages
  - Limit the intake of caffeinated drinks
  - Don't wait until you are thirsty to drink
  - Do not drink alcohol
- If going outside wear appropriate clothes
  - Loose fitting shirts and pants
  - Wide brimmed hats
  - Light colored clothes are preferred to dark colors
- When outside, monitor the health of others

### Signs of Heat Illness:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Confusion or unclear thinking
- Feeling chilled

### First Aid for Heat Illness:

- Call 911 or 706-542-2200 for medical assistance
- Get the victim to a shady area or air conditioned area
- Cool the victim down. Some methods of cooling the person down can include spraying the victim with water, using a sponge to apply water to the victim, and fanning the victim
- Have the victim drink cool water or sports drink

For more suggestions consult the Center for Disease Control and Prevention at [www.bt.cdc.gov/disasters/extremeheat/](http://www.bt.cdc.gov/disasters/extremeheat/)