



Texas Heat

Preventing Heat Related Illnesses

Summer temperatures at TCU often reach over 100° F on a typical day. You can avoid heat-related illnesses on campus by following these tips.

- Slow Down. Strenuous activities should be reduced, or rescheduled to the coolest time of the day.
- Dress for summer. Lightweight light-colored clothing to reflect heat and sunlight keeps you cooler.
- Put less fuel in your inner fires. Eat light meals. Food, such as proteins, will increase metabolic heat production and prevent water loss through sweating.
- Drink plenty of water and non-alcoholic fluids, even if you don't feel thirsty
- Stay away from alcoholic beverages.
- Do not take salt tablets unless specified by a physician.
- Spend as much time in air-conditioned places.
- Don't get too much sun as a sunburn makes the job of heat dissipation more difficult.

Sunburn

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

Heat Cramps

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

Heat Exhaustion

Heavy sweating and weakness. Skin is cold, pale and clammy. Weak, rapid pulse. Normal temperature possible. Vomiting and fainting.

Heat Stroke

High body temperature. Hot, dry skin. Rapid and strong pulse. Delirious or unconsciousness could occur.

First Aid

Use ointments for mild cases if blister appear and do not break. If breaking occurs, apply dry sterile dressing. For serious, extensive cases, see a physician

Apply firm pressure on cramping muscles, or gentle massage to relieve spasms. Drink sips of water. If nausea occurs, discontinue use.

Get victim out of the sun. Lay the victim down and loosen clothing. Fan and/or move the victim to an air conditioned room. Give sips of water. If vomiting occurs, seek medical help.

Move victim to a cooler location. Reduce body temperature with a cold bath or sponging. Seek medical help immediately.

TCU Health Center x7938, TCU Police x7777

