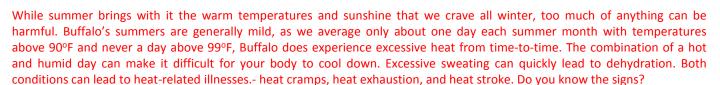
Excessive Heat

Audio Public Service Announcement (PSA)



Recognize the Signs of Heat Illness

- Heat Cramps: heavy sweating and muscle cramps in the legs and abdomen. Massage cramps and give sips of water.
- Heat Exhaustion: In addition to above signs; dizziness, nausea and vomiting. Move person to a cool place, lay them down, loosen clothing and give sips of water.
- Heat Stroke: body becomes overwhelmed by the heat and begins to stop functioning In addition to above signs; mental confusion, headaches, shallow breathing, fainting. Call 911 or get victim to medical aid immediately.

Common Sense Tips for Excessive Heat

- Drink plenty of non-alcoholic liquids. Don't wait until your thirsty.
- · Wear light-weight, light colored clothing.
- · Limit outdoor activity to morning and evening hours.
- Cut down on exercise. Athletes should be limited on the amount of physical activity that they participate in.
- Campus offers plenty of air-conditioned buildings, or if outside, shady areas to rest in.

NOAA's National Weather Service

Heat Index Temperature (°F)

		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
9	50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
Š	55	81	84	86	89	93	97	101	106	112	117	124	130	137			
5	60	82	84	88	91	95	100	105	110	116	123	129	137				
	65	82	85	89	93	98	103	108	114	121	128	136					
Ĕ	70	83	86	90	95	100	105	112	119	126	134						
2	75	84	88	92	97	103	109	116	124	132							
9	80	84	89	94	100	106	113	121	129								
2	85	85	90	96	87 88 89 91 93 95 97 100 102	110	117	126	135								
E		00	04	00	405	440	400	404									

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution

95 86 93 100 108 117

100 87 95 103 112 121

Danger

Extreme Danger



Drink plenty of non-alcoholic liquids.

Protect Yourself from UV Rays

Slip on a shirt. Slop on sunscreen. Slap on a hat.





Use sunscreen and avoid this – ouch – and reduce your risk for skin cancer.

No Protection Required

You Can Safely Stay Outside!

Protection Required

Seek shade during midday hours!

Slip on a shirt, slop on sunscreen and slap on a hat!

Extra Protection

Avoid being outside during midday hours!

Make sure you seek shade!

Shirt, sunscreen and hat are a must!