

Heat Stress Precautions

This is the time of year for elevated heat indexes in Texas. It is very important that you are aware of the symptoms of heat stress and know the precautions to prevent health problems.

- ❑ Drink plenty of fluids. It is important that you drink 4-5 times the amount of fluid you think you need. Plain water is adequate but Gatorade or other commercial drinks are also acceptable
- ❑ Wear loose fitting, lightweight, light colored clothing and wide brim hats.
- ❑ Do not sit in closed poorly ventilated areas. If you have parked your bus, get out and enter an air-conditioned environment or stand in shade.
- ❑ Please be aware of the signs and symptoms of Heat Stress.
 - extreme sweating
 - paleness
 - muscle cramps
 - tiredness
 - weakness
 - dizziness
 - headache
 - nausea and vomiting
 - weak rapid pulse
 - shallow fast breathing
 - fainting

If you have the above symptoms or signs, it is very important for you to get to a cool place and drink large amounts of fluids. If you do not improve or symptoms do not subside, call your doctor.

Remember: Keep drinking fluids (one –two liters of water) into the evening and before bedtime. Mild dehydration will carry over to the next day and by the end of the week becomes a serious condition.