UNIVERSITY CLINIC

HEALTH ADVISORY

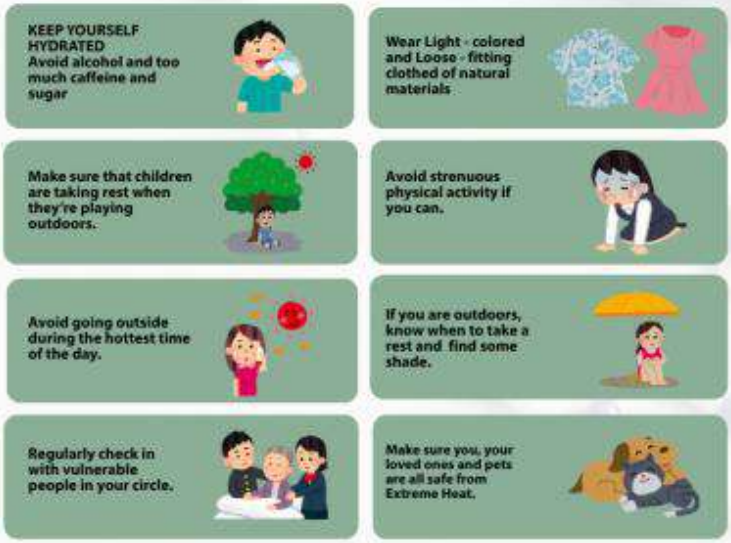
WHAT IS EXTREME HEAT?

Extreme heat is a risk to human health and well-being. It can lead to people getting dehydrated, developing heat illnesses, and worsening of chronic cardiovascular and respiratory diseases.

PEOPLE WHO ARE MOST VULNERABLE TO HEAT

HOW TO RECOGNIZE SIGNS OF HEAT STROKE

STAY SAFE WITH THESE HELPFUL REMINDERS:



Extreme heat can cause serious and potentially life - threatening health problems.

Source: WORLD HEALTH ORGANIZATION & PHILIPPINE RED CROSS