



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

HEAT-RELATED EMERGENCIES

HEAT EXHAUSTION AND HEAT STROKE

WHAT ARE HEAT-RELATED EMERGENCIES?

Heat-related emergencies are heat-induced emergencies which can happen when prolonged exposure to **high temperatures** affects the body's natural temperature control system. When the body cannot effectively dissipate the excessive heat, its temperature rises, leading to an emergency.

WHO ARE AT RISK?



CHILDREN



PWDs



ELDERLIES



**OUTSIDE
WORKERS**

HOW TO AVOID HEAT-RELATED EMERGENCIES?



Stay hydrated,
and avoid sugary drinks



Stay in air conditioned
or well-ventilated areas



Wear lightweight and
light-colored clothing

WHAT ARE THE SYMPTOMS AND HOW SHOULD I MANAGE IT?

HEAT EXHAUSTION

SIGNS AND SYMPTOMS

- Heavy sweating
- Paleness
- Dizziness
- Nausea or vomiting
- Fainting
- Cool, moist skin

FIRST AID MANAGEMENT

- Move the patient to a cooler area.
- Spray water on the skin.
- Have them drink an Oral Rehydration Solution (ORS).

HEAT STROKE

SIGNS AND SYMPTOMS

- Absence of sweating
- Red, hot, dry and flushed skin
- Confusion and disorientation

FIRST AID MANAGEMENT

- Dial Red Cross 143.
- Move the patient to a cooler area.
- Spray water on the skin.
- Immerse the patient in circulating water.

#UHCares

Source: PHILIPPINE RED CROSS



Trunkline: (046) 416 4531

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



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