



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Ang pagtaas ng heat index ay maaaring magdulot ng

HEAT RELATED ILLNESSES



DEHYDRATION



HEAT CRAMPS



HEAT
EXHAUSTION



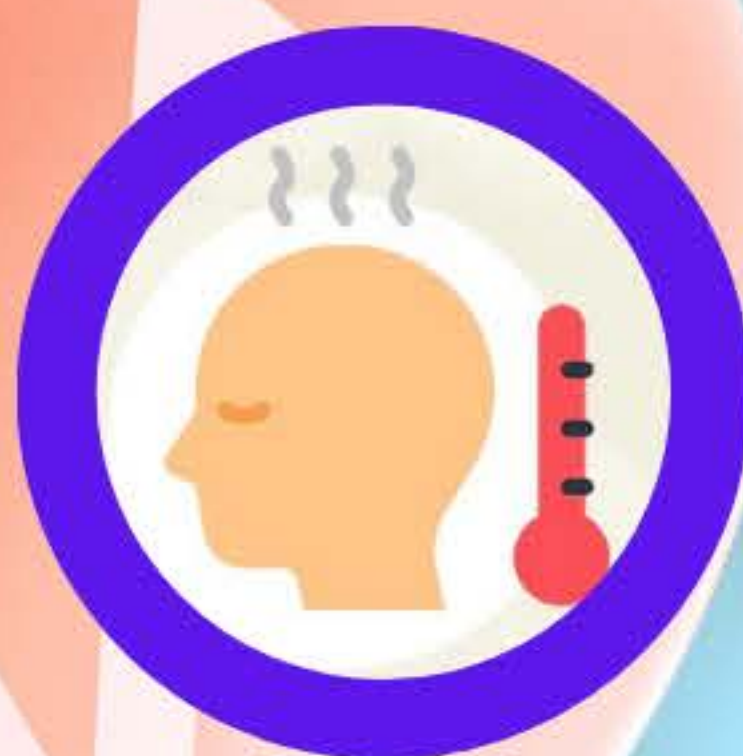
HEAT STROKE

Ang Heatstroke ay malubha at nakamamatay!

SINTOMAS NG HEAT STROKE



PAGKAHILO



LAGNAT



PANGANGALAY



MAINIT AT
NAMUMULANG
BALAT



PAGKAWALANG
MALAY

#UHCares

Source: DOH HEALTH
ADVISORY



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



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph



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Paalala laban sa **HEAT RELATED ILLNESSES:**



ILIPAT ang pasyente sa malilim at malamig na lugar na iwas sa tirik ng araw.



TUMAWAG agad sa Emergency 911 at DOH Hotline 1555.



TANGGALIN ang mga damit na nakadaragdag sa init ng katawan.



PALAMIGIN ang katawan gamit ang ice packs, pamaypay, at tubig.



Iwasang lumabas ng bahay mula 9:00 AM - 4:00 PM.



Laging uminom ng maraming tubig.



Gumamit ng payong, pamaypay, o sumbrero kapag lalabas ng bahay.



Magsuot ng magaan at maluwag na damit na hindi dark colored.

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