BEAT THE HEAT

- Drink plenty of fluids, even if you don’t feel thirsty.
- Take frequent breaks in the shade.
- Apply sunscreen of SPF 30 or higher.
- Pace yourself and ask for help.
- Visit the EMT tent if you experience any of these signs of heat exhaustion:
  - cool, moist, pale or flushed skin
  - heavy sweating
  - headache, nausea, dizziness, weakness
  - vomiting

Information obtained from Student Health Services:: shs.tamu.edu