

HEAT ADVISORY TIPS FOR PARENTS

It is important to educate students regarding practicing heat-stress precautions while participating in outdoor activities. The following information is based on the guidelines provided by the Texas Department of Health.

To reduce the risk of heat exhaustion, students should:

- Remain hydrated by drinking water before, during, and after outdoor activities.
- Take frequent breaks while working or playing outdoors.
- Drink plenty of fluids, but avoid beverages that have caffeine or large amounts of sugar.
- Plan strenuous outdoor activities for cooler parts of the day.
- Eat more frequently, but make sure meals are light and well balanced.
- Move to a cooler location at first sign of heat illness (dizziness, nausea, headaches, muscle cramps). Rest for a few minutes and slowly drink a cool liquid.
- Pace physical activities, starting slowly and picking up the pace gradually.

For more information, you may visit the TDH site at www.tdh.texas.gov/news/b_new483.htm