



UNIVERSITY OF SANTO TOMAS
OFFICE OF THE SECRETARY-GENERAL

UST:SO06-00-CI75
A.Y. 2023-2024

TO : THE THOMASIAN COMMUNITY

FROM : OFFICE OF THE SECRETARY-GENERAL

RE : GUIDELINES FOR SCHOOL ACTIVITIES DURING HIGH HEAT INDEX AND HEALTH ADVISORY ON THE PREVENTION OF HEAT-RELATED ILLNESSES

DATE : 26 April 2024

The University, through the UST Health Service, communicates the (1) **Guidelines for School Activities during High Heat Index** (*See attachment*) and the (2) **Health Advisory on the Prevention of Heat-related Illnesses** (*See below*).

To ensure health and safety during periods of high heat index, please be guided by the following:

1. **Stay hydrated:** Drink plenty of water all throughout the day. Avoid sugary drinks, alcohol, and caffeinated beverages.
2. **Limit strenuous physical activity:** Avoid strenuous outdoor activities during the hottest part of the day from 10:00 am to 4:00 pm.
3. **Wear protective clothing:** Wear loose-fitting, lightweight, or light-colored clothing that allows air circulation.
4. **Limit time of exposure to direct sunlight:** Whenever possible, stay in air-conditioned rooms or find shaded areas when outdoors. Take frequent breaks in cool environments.
5. **Use umbrella and sunscreen:** Protect oneself from harmful ultraviolet (UV) rays from the sun by using dark-colored umbrella and broad-spectrum sunscreen.
6. **Recognize the warning signs:** Be aware of signs of heat stroke and heat exhaustion such as high body temperature, confusion, dizziness, headache, nausea, fatigue, muscle cramps, excessive sweating, and rapid heartbeat. If you experience any of these symptoms, seek immediate medical attention.

For more information on health hazards and diseases during the summer season, please visit the ThOMedSS website or scan the QR code. Stay safe Thomasians!



FR. LOUIE R. COKONEL, OP
Secretary-General

