



UNIVERSITY OF SANTO TOMAS  
OFFICE OF THE SECRETARY-GENERAL

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A.Y. 2024-2025

TO : THE THOMASIAN COMMUNITY  
FROM : OFFICE OF THE SECRETARY-GENERAL  
RE : HEALTH ADVISORY ON THE PREVENTION OF  
HEAT-RELATED ILLNESS  
DATE : 3 March 2025

The University, through the UST Health Service, issues the following **reminders on preventing heat-related illnesses** and how to stay safe during periods of high heat index:

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 am to 4 pm.
3. **Wear protective clothing:** Wear loose-fitting, lightweight, and light-colored clothing that allows for 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 UV rays from the sun by using dark-colored umbrella and broad-spectrum sunscreen.
6. **Recognize the warning signs of heat stroke and heat exhaustion:** Be aware of signs of heat stroke and heat exhaustion, which include 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 the [GUIDELINES FOR SCHOOL ACTIVITIES DURING HIGH HEAT INDEX](#), please visit the ThOMedSS website or scan the QR code.



Everyone is highly encouraged to follow the aforementioned important reminders to ensure health and safety. Stay safe Thomasians! Thank you.

FR. LOUIE R. CORONEL, OP  
Secretary-General

