Heat Illness and Wearing Face Coverings

It is not only important to wear a face covering in public areas, but this is also a university policy, as well as a Governor mandate. We know it’s going to be hot & humid during the summer, into the early fall months here in Louisiana, but the following tips will help you to be a little more comfortable while you do your part to prevent the spread of COVID-19 on campus and keep you safe during the hottest part of the year!

Face Covering Use and Care in the heat:

• Use two or more layers of 100% cotton material, when selecting your own mask.
• The lighter the color, the less heat it will attract.
• Keep your mask dry. Switch it out with a spare, especially in the heat.

• Using clean hands, fit it over your nose and mouth.
• Once it is on, keep hands off except when removing.
• Use clean hands to remove.
• Wash your face afterwards and moisturize if needed. Try to avoid wearing makeup, if possible.
• Wash covering with soap and hot water after each use.
• Dry covering in a dryer or on a clothesline in sunlight.
• Discard covering if worn or it will not remain in place comfortably.
• If you have respiratory issues or other underlying health issues, contact your health care provider regarding face coverings and other COVID-19 preventive measures. You may request for an accommodation to the face covering requirement, by emailing Human Resources at hrconsultancy@louisiana.edu.
• If you must wear a face covering for an extended period, take a break and get some fresh air when you can safely do so.

Reducing Heat Illness:

• Drink plenty of fluids (6 ounces every 15 to 20 minutes).
• Take appropriate breaks from work or play and find shaded areas when possible.
• Wear appropriate clothing for the activity you are going to be involved with, usually something loose and lightly colored.
• Acclimate yourself to hot weather by taking it easy the first 7 to 10 days.
• Stay in good physical condition by participating in regular exercise and weight reduction.
• Eat wisely during the summer months by reducing calorie intake and foods high in salt content.
• Avoid special risk items such as alcohol and caffeine.
• Prepare for your environment by using hats, sunglasses and sunblock.

![Heat Illness Chart]