

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 EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none">- Get to a cooler, air conditioned place- Drink water if fully conscious- Take a cool shower or use cold compresses		CALL 9-1-1 <ul style="list-style-type: none">- Take immediate action to cool the person until help arrives