



ATENEO DE MANILA UNIVERSITY

JUNIOR HIGH SCHOOL

JUNIOR HIGH SCHOOL HEALTH SERVICES

G/F AJHS Montserrat Wing
Ateneo de Manila University
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March 29, 2023

To: Ateneo Junior High School Community
From: AJHS Health Services
Subject: Advisory on Heat-related Illness

The summer season is officially here. We have all experienced the coming of the hot and dry weather these past days. It may even become hotter since the earth continues to warm. Heat-related illnesses may occur but these are very preventable. We have listed the following simple steps to keep yourself from getting overheated:

- Stay hydrated. Don't wait until you're thirsty to drink water. So make sure that you have your water containers with you always. Drink water every 15 minutes when working or exercising in a hot environment, even if you're not thirsty. So make sure that you have your water containers with you always.
- Stay in the shade, a cool area or air-conditioned space. Avoid going outdoors for activities or exercise when the temperature and humidity are high.
- If you must be outside during extreme heat:
 - Avoid direct sunlight as much as possible.
 - Limit your physical activities and movements. Pace yourself. Rest often.
 - Wear sunscreen. A sunburn reduces your body's ability to cool down.
 - If possible, wear a hat and sunglasses outside.
- Wear loose, lightweight and light-colored clothing.
- Avoid eating hot food and heavy meals.
- Do not drink sugary drinks, beverages that contain caffeine or alcohol. Take water instead.
- If sweating lasts for several hours, take electrolyte drinks replace the electrolytes you may lose through heavy sweating.
- Fan yourself for cooling and air circulation to occur. Take cool showers or baths to cool down.
- Monitor your urine color and output. It tells you if you are dehydrated.
- Use a buddy system where you observe each other for signs and symptoms of heat-related illness and report observations to your teacher, supervisor or to the Health Services.



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It is always best to stay informed and know how to prevent, recognize and treat heat-related illnesses. Let us take care of ourselves and look out for each other's well-being.

Thank you.

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AJHS Head Physician

Endorsed by:

(Sgd) Mr Perfecto R. Guerrero III
AJHS AP for Administration

Noted by:

(Sgd) Mr. Jose Antonio P. Salvador
AJHS Principal