

## Tips to manage the August heat while living on campus:

- Allow plenty of time to get to classes so you are not rushed.
- Enjoy the air conditioning in residence house lounges, hall lounges, computer labs, recreation rooms and dining centers. This is part of your living space as a member of your hall and the on-campus community. Rod Library, Maucker Union, and the Wellness and Recreation Center are also places to hang out in air-conditioned comfort.
- When it gets cooler in the evening, pull one of the Adirondack chairs on central campus into the shade and just relax with your shoes off and your toes in the cool grass.

### Stay hydrated:

- Eat to stay cool. Veggies and fruits will help you remain hydrated. Protein-heavy foods increase metabolic heat production.
- Drink water frequently. Your body will feel cooler if you are hydrated. Try drinking eight ounces of water at least every hour.

### Keeping your body cool:

- Misting your face, arms, neck, and legs with water will give the sensation of cooling
- Use fans in your residence hall room.
- Keep the back of your neck in shade (wear a cap backwards, or raise your collar) or put a wet handkerchief on the back of the neck. The sensor for our body temperature control system is in this area, and so with this method you can make the rest of your body think that you are "cool".
- Run cold water over your wrists for 10 seconds on each hand. This will reduce your temperature for roughly an hour.
- Soak your feet in a bucket of cold water. The body radiates heat from the hands, feet, face and ears, so cooling any of these will efficiently cool the body.
- Sleep in a damp t-shirt. During an extreme heat wave, take a light T-shirt, wet it, wring it out and wear it. Evaporation from the shirt will help to keep you cool enough to sleep.

### Safety:

Heat stroke is serious and avoidable. Symptoms include slurred speech, elevated body temperature, chills, dry skin -- no sweating, hallucinations, throbbing headache and confusion/dizziness.

Symptoms of heat exhaustion include rapid and shallow breathing muscle cramps, clammy skin, confusion/dizziness, heavy sweating, weakness/fatigue, pale skin and nausea.

If these symptoms describe your experience, contact a medical professional:

UNI Student Health Clinic, weekdays: 319 273-2009 and [after hours](#)

Urgent Care Center at Prairie Medical Park, 4612 Prairie Parkway, Cedar Falls: 319 553-0828

Sartori Memorial Hospital, 515 College Street, Cedar Falls 319 268-3090

---

**Source URL:** <http://uni.edu/dor/housing/stay-cool-and-protect-yourself-risks-associated-extreme-heat>