

Tips for Students & Parents

Tell school staff about any health issues



Bring a big water bottle



Wear loose, breathable, & light-colored clothes



Wear sunscreen with at least 30 SPF



Tips for Teachers, Staff & Administration

Close doors and windows in AC rooms; report malfunctions



Have a "cool room" for students showing heat stress signs such as increased thirst, fatigue, excessive sweating, nausea, headaches, muscle aches, dizziness



Consider allowing hats on hot days

Cool rooms without AC by lowering shades



A lot of water breaks for students

Tips for Physical Education, Sports & Recess

Schedule activities during cooler times: before 11AM or after 5PM



Take regular breaks in a shaded area



Shorten outdoor activities or shift to indoors AC rooms

Tell athletes to remove extra gear on sidelines and breaks



More restful, indoor activities like yoga or dance

Tips for your Community

Push for water stations, lighter surfaces, trees/shade, & AC in classrooms/buses



Shade can make the air feel up to 10 degrees cooler

Communicate school heat wave procedures to parents and community



Work with officials to include schools in heat emergency plans & make sure emergency protocols are known to all staff