

Ways to avoid heat stress and exhaustion:

- **Drink and bring plenty of water wherever you go.** Water is the best way to slow down and stop any signs of heat stress and/or exhaustion.
- **Find a cool spot to take regular breaks.** If you start to feel symptoms of heat stress and/or exhaustion, then take a break. Sit in a cool shaded spot and have a snack and drink some water.

Signs of heat stress:

- Muscle cramps
- Headaches
- Nausea

Signs of heat exhaustion:

- Pale skin
- Fainting
- Weakness

<https://www.alloutcool.com/heat-stroke.html>

Our Solution:

We want to put cool down stations and water stations around campus for students when they are on campus.

Place about 15 cool down stations around campus.

- (MU, SDFC, Dorm halls, Dining halls, Palm walk, etc.)

Cost: about \$2,000 per inflatable.

- (About \$30,000 in total.)

Place about a dozen water stations around campus.

- (MU, SDFC, Dining halls, Classrooms, etc.)

Cost: about \$900-1,200 per machine.

- (About \$10,800-14,400 in total.)

Take our survey:

<https://docs.google.com/forms/d/e/1FAIpQLSd5F-mVVvZlZgTLFfVZ6wldpX6ou2pH1YQZAqhKfh67nmNjdA/viewform>



**COOLING DOWN
ARIZONA STATE**

