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-mVVvZIzgTLFfVZ6wlpX6ou2pH1YQZAgKfh67nmNjdA/viewform