



MANILA  
INTERNATIONAL  
AIRPORT  
AUTHORITY

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March 15, 2024

S-MED-24-0295

## MEMORANDUM

**TO : ALL CONCERNED**

**FROM : THE MANAGER**  
Medical Division

**SUBJECT : HEAT STROKE AND HEAT EXHAUSTION PREVENTION**

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As the summer months approach, it is crucial to remind all airport users about the risks associated with heat stroke and heat exhaustion. These conditions pose serious threats, especially in hot and humid environments. Therefore, it is imperative to take necessary precautions to prevent them.

**Heat Stroke** is a severe medical emergency characterized by dangerously high body temperature, dry or excessively sweaty skin, rapid pulse, headache, nausea, confusion, seizures, and loss of consciousness. If you suspect someone is experiencing heat stroke, immediately call for emergency medical assistance.

While awaiting help, move the individual to a cool, shaded area, remove excess clothing, and utilize cooling methods such as fans or cool water applications. Refrain from offering any fluids orally.

**Heat exhaustion**, although less severe than heat stroke, still requires prompt attention. It manifests through heavy sweating, weakness, fatigue, dizziness, headache, nausea, vomiting, and muscle cramps.

If someone shows signs of heat exhaustion, relocate them to a cool, shaded area, have them lie down with elevated legs, and encourage hydration with cool water or electrolyte-rich sports drinks. Employ cooling measures such as fans or cool water applications to alleviate symptoms. Prevention remains the best approach to combat heat-related illnesses. Stay hydrated by drinking plenty of fluids, wearing breathable clothing, taking regular breaks in shaded areas, avoiding working during peak heat hours, using sunscreen, and being vigilant for signs of heat-related illness in yourself and your colleagues.

For any questions or concerns, please refer to the emergency contact numbers provided in Memorandum S-MED-23-0262 or reach out to the MIAA Medical Clinics at 02-887713188/88771794.

Let's prioritize safety and well-being as we navigate through the summer season.

Thank you for your attention and cooperation.

  
**MARIA THERESA C. AZORES, MD. DPPS, MMHOA**

Noted by:

  
**SIMEON G. VALLESER**  
TOIC, Assistant General Manager  
For Security and Emergency Services  
*ps/m 6/3/19*