


# SUMMER HEAT IS HERE!

*The increased temperature outside can be risky. Here are some tips to beat the heat, especially if you like to be active outdoors.*

## HIGHEST RISK!!

Those at highest risk for heat related illness included infants and young children, individuals over 65, those who tend to overexert during exercise, overweight individuals, and those who are ill or have preexisting medical conditions.

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- **HYDRATE!!** Drink plenty of fluids, even if you don't feel thirsty. Dehydration can lead to heat illness. Stay away from sugary drinks or those containing alcohol. Don't forget to keep pets hydrated too!
  - Take time to get acclimated. If you aren't used to spending time outdoors, gradually increase your duration to allow your body to get used to the heat.
  - Wear loose, lightweight clothing to help sweat evaporate.
  - Wear sunscreen with "Broad Spectrum" or "UVA/UVB" protection to prevent risk of skin cancer and keep your body's cooling system in tact.
  - Avoid the hottest times of the day! Exercise in early morning or evening, and seek air conditioning or shaded areas during midday. Exercise in cool water is also a good option during hot temperatures.
  - Understand your medical conditions and medications! Discuss your physician if you are at increased sensitivity to sun or risk of heat illness.
  - Watch for signs of dehydration and heat illness, including: Dizziness, cramps, swelling, exhaustion, weakness, sudden loss of coordination, nausea, vomiting, headache, discomfort, excess or sudden lack of sweating, rapid pulse, fainting, or flushing.
  - Contact or visit a physician if symptoms are severe or do not resolve quickly.

**Contact us at 331-0106 with any questions or concerns**