

HEALTH NEWS

JULY 2020



SUMMER HEAT AWARENESS & SAFETY

RECOGNIZE THE SIGNS OF HEAT ILLNESS

Did you know that by the time you are thirsty, you are already dehydrated? Quenching your thirst is also a poor indicator of proper hydration. Therefore, you will want to know some of the other signs of dehydration that may also indicate heat stroke or exhaustion. Look for heavy sweating, confusion, dizziness, hangover-like headaches, muscle weakness or cramps, and nausea. If these signs are present, find a cool area, drink some water, and call 911 for assistance.

KNOW THE HAZARDS OF HEAT

Even in 80 degree weather, heat can be problematic. When you are out in the sun for long periods, your body will use water much faster, so you need to drink extra and take breaks out of direct sunlight. Physical activity also raises your body temperature, so you should consider this when you go out for a jog during the summertime.

IDENTIFY HIGH-RISK SITUATIONS

Every year brings a flurry of news stories of children and pets suffering fatal heat illness, and these incidents are usually attributed to being left in the car. In just 10 minutes, the temperature inside of the car can jump from the temperature outside at 80 degrees to 99 degrees. Children or pets left in these conditions can quickly overheat and lose consciousness.

STAY PREPARED

To fight back against the heat, stick to indoor activities during the hottest parts of the day. You will also want to carry water wherever you go and wear lightweight clothing made from breathable fabrics like linen or cotton. What you eat can also affect how your body handles the heat—meats and other high protein foods cause your body to use more water in digestion.



SUMMER HEAT AWARENESS

ONE OF THE MOST SIGNIFICANT HEALTH RISKS TO BE AWARE OF THIS SUMMER IS THE HEAT, WHICH YOU MAY NOT THINK ABOUT UNLESS YOU LIVE IN THE WARM DESERTS OF THE SOUTHWEST. HOWEVER, HEAT CAN BE A MAJOR RISK IN ANY PART OF THE COUNTRY— ESPECIALLY IN AREAS WHERE THERE IS EXCESSIVE HUMIDITY. HEAT RELATED ILLNESSES CAN AFFECT PEOPLE OF ALL AGES, AND THESE ILLNESSES TEND TO PROGRESS QUICKLY, SO IT IS ESSENTIAL THAT YOU KNOW WHAT TO LOOK FOR. BELOW IS A CLOSER LOOK AT WHAT YOU NEED TO KNOW TO BEAT THE HEAT THIS SUMMER.

HEAT SAFETY TIPS



DRINK FLUIDS

Increase your water intake regardless of thirst or activity level. The more we sweat, the more we lose water from the body. Without replenishing, you can easily become dehydrated.

WEAR THE RIGHT CLOTHES

Wear lightweight, loose-fitting and light-colored clothing. And don't forget the sunscreen — even if not in direct sunlight.



COOL DOWN

Take breaks and cool off under some shade or in air conditioning often. Don't overexert yourself!

AVOID EXCESS ACTIVITY

Avoid strenuous exercise or activity during the hottest hours of the day. Find a partner if exercising in extreme heat.



HEAT EXHAUSTION WARNING SIGNS

