

Adult Health Bulletin



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THIS MONTH'S TOPIC:

IT'S GETTING WARMER – STAY SAFE!

As summer is gearing up, there is no doubt that the temperature will be rising as well. Being outside when the weather is warm can be a lot of fun. There is so much to do. But it is also important to stay safe when the thermometer starts rising.

When the weather is very hot, the body may have a harder time cooling itself. The body can also have a hard time staying cool if too much fluid is lost because of sweating. Watch out for the following when the weather is warm:

Continued on the back 



Drinking sips of water can help the body stay cool. Be careful not to drink too quickly as it could make you feel ill.

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- heavy sweating
- feeling weak
- dizziness
- nausea
- clammy skin, looking pale

If you have any of these symptoms you should stop your activity, move to a cooler location and loosen your clothing. You should also drink sips of water. Take care though not to drink too much, too fast, as it could make you feel ill.

Here are some other tips to make sure you are staying safe in the heat.

- **Slow down:** There are days when you want to get a list of items done. When it is very warm outside it is important to slow down. You may need to reduce or reschedule strenuous activities such as gardening or outdoor work. Waiting until a cooler part of the day is a good way to stay safe.
- **Dress for the heat:** Make sure you are wearing light weight clothing. It should also be light colored so that it will reflect the sun's rays.
- **Drink plenty of water:** Water is very important when the temperature is high. Even if you don't think you are thirsty, you should drink water. Try carrying a water bottle with you and drinking throughout the day.
- **Wear sunscreen:** Did you know when you have a sunburn that your body is not able to handle heat as well? That means you will be less tolerant of the heat and you could get overheated quickly.

Make sure you are wearing light weight clothing. It should also be light colored so that it will reflect the sun's rays.

It is also important to remember that infants, children, seniors, and anyone with a health problem should stay as cool as possible. This may not always be in an indoor place.

Be safe when the temperature heats up so that you can enjoy the summer!



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