



Summer brings high temperatures that may last for days or weeks. People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Summertime activity, whether playing field games, bicycling, running or working in the yard, must be balanced to prevent heat related illness.

DURING HOT WEATHER

- **Drink Plenty of Fluids**
 - Increase your fluid intake. During heavy exercise drink 2 – 4 glasses (16 – 32 ounces) of cool fluids each hour. Avoid very cold beverages because they can cause stomach cramps. In addition avoid drinks containing alcohol because they will actually cause you to lose more fluid.
- **Replace Salt & Minerals**
 - Drink fruit juice or a sports beverage during exercise or any work in the heat. Do not take salt tablets unless directed by your doctor.
- **Wear Appropriate Clothing & Sunscreen**
 - Choose lightweight, light-colored, loose-fitting clothing. A wide brimmed hat will provide shade and keep your head cool.
 - Apply sunscreen 30 minutes before going outdoors and reapply according to package directions. Select SPF 15 or higher to protect yourself adequately.
- **Pace Yourself**
 - If you are unaccustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- **Schedule Outdoor Activities Carefully**
 - Plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area.
- **Use Common Sense**
 - Avoid hot foods and heavy meals – they add heat to your body. Limit sun exposure mid-day hours. Give your pet plenty of fresh water and leave the water in a shady area.