

Staying Safe On Hot Days

a handful of helpful hints



Some prescription drugs cause sensitivity to heat and/or sunlight. Check with your doctor to see if any of your medications could cause these reactions.

If possible, plan appointments, errands and other trips during the early part of the morning, avoiding the hottest part of the day (11 a.m. to 4 p.m.)

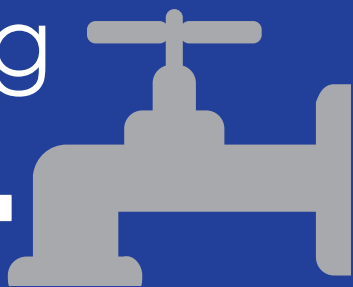


Use caution while exercising or doing yard work - take frequent breaks and stop immediately if you become fatigued.

If you feel fatigued, dizzy, faint or experience other issues after being in the heat, immediately call 911!



ideas for staying hydrated



} Limit protein intake - it can increase metabolic heat in the body



Increase intake of fruits, salads & other foods high in water content.



} Limit caffeine and alcohol intake - particularly during the heat of the day.



Most importantly, drink plenty of water! Sports drinks and lemonade are also good options to keep body heat down and replace vitamins lost through perspiration.

