

SAFETY - HEAT AND SUN SAFETY

Everyone enjoys being outdoors during the summer, but without precautions, heat and sun can possibly cause serious risks to your health.

HEAT – Extreme heat can cause heatstroke by causing the body to lose its ability to control its temperature. You become unable to sweat and the body temperature rises rapidly. Some symptoms of heatstroke include hot and dry skin, dizziness, headaches, nausea and vomiting, rapid heartbeat, and high temperature. You can get some or all of these symptoms. Medical attention is required immediately if you think heatstroke is present. Until help comes, sponge with water, place wet towels on the body and fan the individual rapidly. Be aware that the elderly are particularly vulnerable to problems caused by excessive heat; however heat disorders that range from sunburn to heat exhaustion to heatstroke can affect persons of any age. Avoid health risks from heat by observing simple rules.

1. Use common sense about the amount of time you spend outside in extreme heat.
2. Schedule activities in early morning or later in the day when it is not as hot.
3. Drink plenty of non-alcoholic fluids.
4. Reduce strenuous activity and exertion.
5. Wear light-colored and loose-fitting clothing
6. Seek air-conditioned spaces.
7. Never leave adults, children, or pets in a closed car
8. Check on elderly relatives, friends, and neighbors, particularly those who live in residences that are not air-conditioned.

SUN - Remember also the dangers to your health of too much sun. Even on cloudy days, adults and children need to be protected from the ultra-violet (UV) rays of the sun.

1. Apply sunscreen 30 minutes before going outside and reapply every two hours or after swimming.
2. The sun protection factor (SPF) of the sunscreen should be a minimum of SPF 15.
3. Make sure children are protected with sunscreen.
4. Wear a wide-brimmed hat.
5. Wear protective clothing.
6. Seek shade protection whenever possible.
7. Limit your exposure by scheduling activities if possible before and after the peak sun hours of 10:00 A.M. to 4:00 P.M.