

Hot tips for a cool summer

This Saturday, June 21, marks the official beginning of summer. We have already experienced some hot days, and you know there are more to come.

Here are some quick tips to help you get through the summer heat and avoid heat stress.

- Always keep a supply of cool water handy and *use it*.
- Wear and reapply sun-shade products often if you are outdoors.
- Don't stand for long periods of time without flexing your leg muscles often (keeps blood from pooling in your lower legs and causing you to faint).
- Check the heat index each day (humidity of 75 percent or more decreases the body's ability to lose heat by sweating).
- Avoid strenuous exercise during mid-day (10 a.m.-4 p.m.).
- Avoid using alcohol because it dehydrates your body.
- Wear lightweight, light-colored, loose-fitting clothing so your skin can cool itself through evaporation.
- Wear a wide-brimmed hat if you plan to be in the direct sun for very long.
- Maintain good indoor ventilation by using a fan or air conditioning.

Good luck in the sun and enjoy the summer!