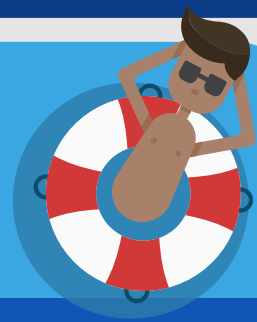


SUMMER SAFETY

& OTHER CONSIDERATIONS IN THE HEAT



The summer months bring many opportunities for fun outdoor activities, but it is also a time to be prepared for hot days, like when the heat index goes above 80 degrees. Immediate and long term risks from heat and sun exposure, but easy steps for prevention can be taken!

Short Term Heat & Sun Risks:

- Sun Burn
- Heat & Sun Rashes
- Dehydration
- **Heat Stroke**

Long Term Heat & Sun Risks:

- Skin Damage & Early Aging
- Skin Cancers
- Visual Issues & Cataracts

Heat Stroke

Heat stroke can happen when the body's temperature regulating system is stressed in high temperatures or humidity.

Heat strokes happen in hot environment with a high UV index, when a person has sudden exposure to hot or humid temperatures, and lack of access to drinking water or cool spaces.

Reduce Sunburn Risks 2 Ways:

1. Avoid Heavy Sun Hours

- Higher risk time: between 10am-4pm
- Check the Ultraviolet (UV) Index
- Take breaks in the shade
- Wear a hat or sit under an umbrella
- Wear light clothing for coverage

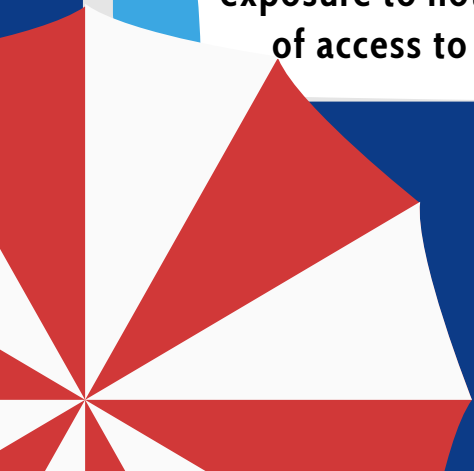
2. Use Sunscreen

- Use SPF 30 or higher
- Bottle says **BOTH** UVA & UVB protection
- Apply Liberally! At least 2 tablespoons!
- Reapply every 2 hours

Other Risk Factors Include:

- Strenuous activities
- Excessive or tight clothing
- Dehydrating medications
- Drinks with Caffeine & Alcohol
- Being older - Ages 65+
- Respiratory Health, Asthma

Locate & visit cooling centers in your community.





Dehydration looks a little different than a heat stroke!
And dehydration happens before a heat stroke.
Dehydration is when your body does not get enough water & can impact thinking, mental health, and bodily functions.

DEHYDRATION VS. HEAT STROKE:

How do I know?

Signs of Dehydration:

- Little or no urine; urine dark in color
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache, Confusion, Dizziness, Feeling Lightheaded

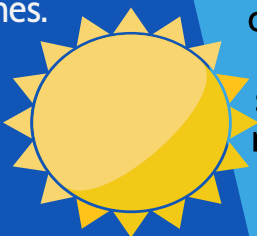
Signs of A Heat Stroke:

- Fever (above 104 degrees)
- Unusual behavior, confusion
- Dry/hot/red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures, Loss of Consciousness

If someone crosses the threshold from dehydration to heat stroke, emergency intervention is needed!
Heat strokes can cause immediate damage to the brain, heart, kidneys, & muscles.
If you see someone experiencing heat stroke, immediately call 9-1-1!

STAY HYDRATED. PREVENT HEAT STROKE.

- Plan ahead . Check the heat/UV index daily.
- Keep your water bottle handy at all times.
- **Listen to your body!**
- If you are thirsty, drink some water.
- Take breaks in the shade and indoors.
- Drink water with each meal.
 - Add fruits to your water for flavor
 - Avoid dehydrating sodas, alcohol



Are you at risk for Sun Sensitivity?

Sun sensitivity/photosensitivity is skin inflammation caused by exposure to sunlight and use of certain medications. This causes redness of the skin similar to sunburn. Use of photosensitive medications AND sun exposure are necessary for these reactions.

Watch for a stinging or burning sensation, rash/redness, pain, blisters, swelling, or itching.

Review your medications for sun safety with your providers.

RECOMMENDED WATER INTAKE

15.5 cups or
125 ounces
for men



11.5 cups or
91 ounces
for women

For more information on hydration or staying safe in summer months, click on the pictures from Thresholds Health Literacy Center, or visit:

<https://www.thresholds.org/programs-services/research-evaluation/health-literacy-center>

Sun Health & Summer Safety

