

## Summer is Here:

### Be Safe, Stay Cool, and Stay Healthy!

Summer is here! The sun is shining, days are longer, and many people are taking advantage of being outdoors in the pool, at the lake or hosting barbecues. With the increase in outdoor activities it's important to remain safe this summer. This month we will highlight summer tips on staying hydrated, preventing sunburns and avoiding heat related illnesses.



## STAY HYDRATED

One of the most important things to remember during the summer months is to stay hydrated. Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

On a daily basis, our body expels water through sweat, urine, and stool. During the summer months, individuals sweat more due to the increase in heat, causing the body to expel more fluids than normal. You may not even know you are dehydrated. Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill.

The signs and symptoms of dehydration also may differ by age.

### Adult

- Extreme thirst
- Less frequent urination

- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

### **Infant or young child**

- Dry mouth and tongue
- No tears when crying
- No wet diapers for three hours
- Sunken eyes, cheeks
- Sunken soft spot on top of skull
- Listlessness or irritability

Here are some quick tips that can help you stay hydrated:

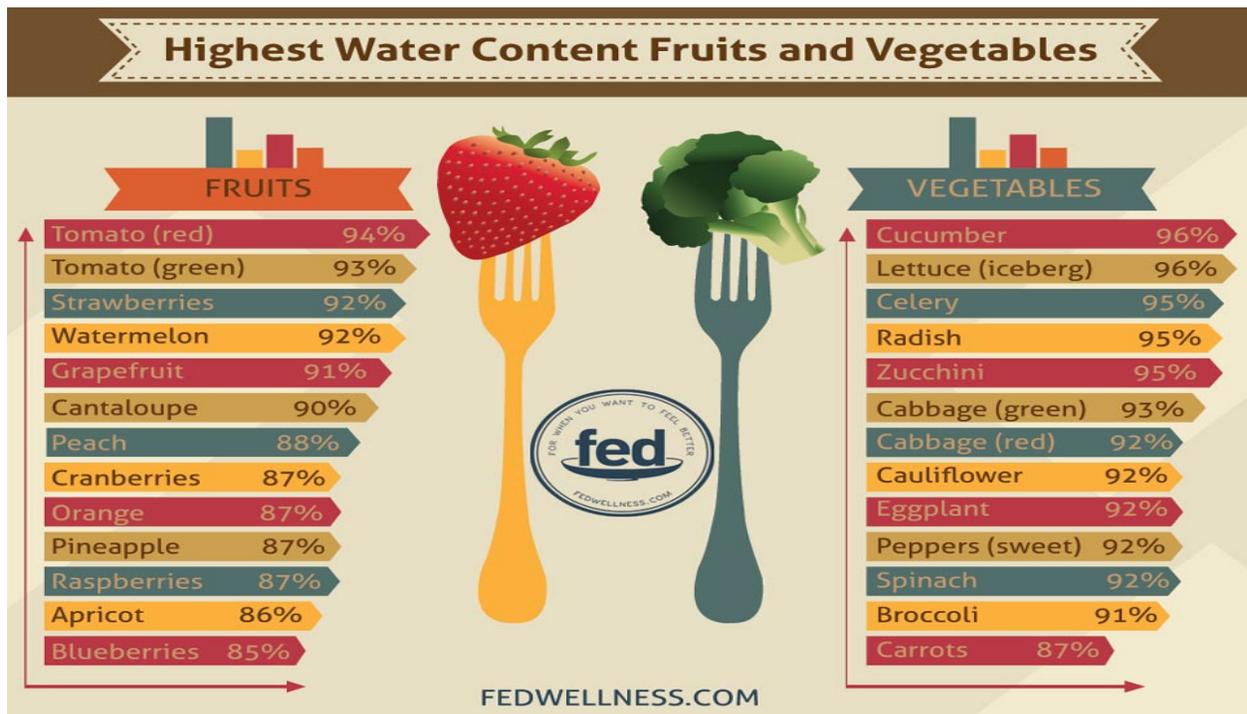
- Always keep a bottle of water with you and sip it often throughout the day
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink
- Drink water before, during, and after a workout
- When you're feeling hungry, drink water first! Thirst is often confused with hunger. True hunger will not be satisfied by drinking water.

### **HOW MUCH SHOULD I DRINK?**

Most experts recommend drinking a minimum of eight 8oz. glasses of water a day. To get a more accurate idea of how much water you should drink, consider your height, weight, level of activity, and the climate you live in.

In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh. For example, if you weigh 150 pounds, that would be 75-150oz. of water a day.

Another way to meet your daily water recommendation and stay hydrated is to choose foods with higher water content. View the chart below to see what fruits and vegetables have the highest water content.



## PROTECT YOUR SKIN

Sunshine is a great source of Vitamin D but excessive exposure to sunshine may increase the risk of sunburn and other sun related conditions. Keep these skin care tips in mind as you plan your outdoor activities:

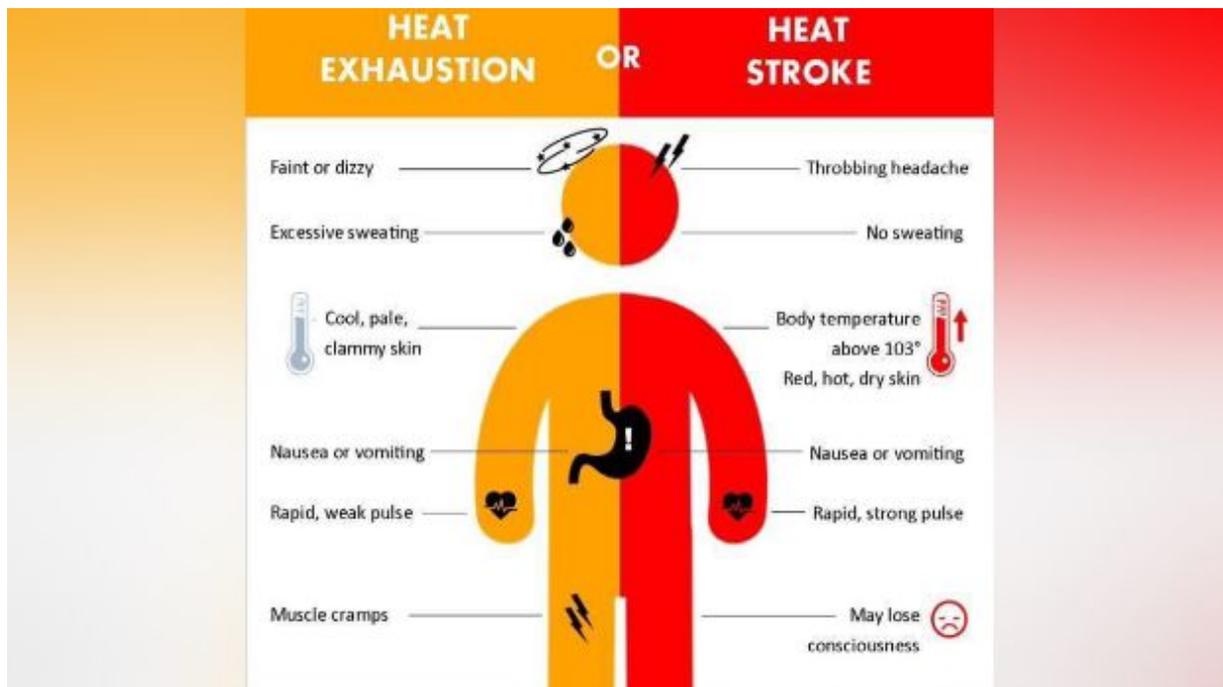
- Make sure that your sunscreen provides a **broad-spectrum protection**. Broad spectrum provides protection against both UVA and UVB rays.
- Wear sunscreen with a minimum SPF of 30 or higher, even on those cloudy humid days. The SPF number is the level of protection that the sunscreen provides against UVB rays. A SPF 30 filters out about 97% UVB rays.
- Apply enough to cover your entire body and every 2 hours. However, you may need to apply more often if you are swimming or sweating. Wearing proper amounts of sunscreen can block 98% of harmful rays.
- Avoid sun exposure between 10am-4pm when UV rays are the strongest.
- Wear hats with a decent brim to eliminate sun exposure of the nose, ears, and scalp.

## AVOID A HEAT RELATED ILLNESS

As the outdoor temperatures rise over the summer months it's imperative to understand the warning signs of heat exhaustion and heatstroke. Heat exhaustion can occur when the body is exposed to high temperatures, particularly high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke.

Heatstroke occurs when the body becomes overheated and its temperature-regulating mechanisms fail. It is most commonly a result of prolonged exposure to or physical exertion in high temperatures, paired with dehydration. Anyone can have a heatstroke, but children below the age of 4 and adults over 65 are the most vulnerable because their bodies adjust to heat much slower than others. Heatstroke is a serious condition and is considered a medical emergency. If you think someone may be experiencing a heatstroke, dial 911 and administer first aid.

Here are the differences between heat exhaustion and heat stroke and the warning signs to be aware of:



To beat the heat this summer, visit a local cooling center. When Valley temperatures reach 105 degrees or higher, many local facilities open their doors and pools as cooling centers. Check out the resources below to find a cooling center near you.

## HELPFUL RESOURCES & WEBSITES

For more resources on summer safety, check out the resources listed below:

- Fresno.gov: [Local Cooling Centers](#)
- Mayo Clinic: [Heat Stroke Basic Definitions](#)
- Mayo Clinic: [Nutrition & Healthy Eating - How much should you drink every day?](#)
- Visit [Keep Your Cool in Hot Weather - CDC](#), to learn more summer safety tips.



Enjoy the great outdoors. Have a safe and healthy summer!