

Beating the Heat

Summertime is officially here, even though it may feel like it has been here for a while. And while summer is traditionally the time to be outside, there are several tips to follow if you are planning to be outside for any length of time. And remember, this includes time by the pool, even though you may not feel as hot when by or in the water.

Drink Plenty of Water! 2-4 glasses of water every hour you are outside. And start drinking early. If you wait till you are thirsty, you may already be dehydrated. Also, it is best to drink water; avoid any drinks that contain high levels of sugar or caffeine. If your kids won't drink water, sports drinks will do the trick, but, again, watch the sugar intake.

Watch What you Wear. Wearing clothes that are lightweight, loose-fitting and light colored will help keep you cool.

Wear Sunscreen. At least SPF 15 with UVA/UVB protection. Try to apply at least 30 minutes before going outside, and reapply as directed.

Watch the Weather. Try to plan activities during the cooler parts of the day; usually before noon or after 7pm. And if the humidity is high, it is more difficult to cool off. It can help to have a shady area near by to rest and get some water.

Watch for People at High Risk. Infants, children under 4 and people over 65 are more sensitive to high temperatures and need to be watched more closely. Activities may need to be more limited.

Know the Signs. There are many indications that you may be getting too hot, which can lead to cramps, heat exhaustion, or even heat stroke. If you are sweating more heavily than normal or stop sweating altogether, feel tired or dizzy, or start feeling disoriented, get out of the heat as quickly as possible. Rest in a cool area, and get something cool to drink.

So the next time you are headed outside or to the pool, keep these tips in mind, and take your water and sunscreen.

www.cdc.gov www.prevention.com

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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