

Beat The Heat: Summer Survival

So many of us forget, when the weather gets warm, there is a danger of heat related illness.

Here are some tips for staying cool:

- Drink plenty of liquids, even if you're not thirsty.
- Dress in light-weight, light-colored, loose-fitting clothing.
- Avoid midday heat and do not engage in vigorous activity during the hottest part of the day, between noon and 4 p.m.
- Wear a hat or umbrella to block the sun's rays.
- Eat light. Avoid hot, heavy meals and opt for foods high in water content: fruits, salads and soups.
- Use air conditioning. If the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness. If you don't have a unit at home, you can benefit by spending time at the movies, library or in any air-conditioned building.
- Take baths and showers. Because water conducts heat away from the body, bathing in tepid water is a good cooling technique.