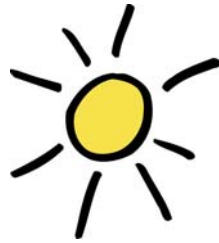


When the Sun Goes Up, Don't Let Your Guard Down



As the weather turns warmer, our thoughts begin to turn to swimming pools, backyard barbeques and other outdoor pleasures. But in our rush to enjoy as much summer fun as we can, we sometimes overlook the many safety hazards lurking outdoors, especially the one that seems most obvious -- excessive heat.

PREVENTING HEAT-RELATED ILLNESS

There are several precautions you can take to avoid heat-related injury and illness.

- Dress for the heat. Wear lightweight, light-colored clothing (light colors reflect away some of the sun's energy) and use a hat or an umbrella.
- Carry water or juice with you and drink frequently, even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.
- Avoid using salt tablets unless directed by a physician.
- Avoid strenuous activity. If you must do something physically demanding, do it during the coolest part of the day, which is usually between 4:00 and 7:00 a.m.
- Stay indoors as much as possible.
- Take regular breaks when engaging in physical activity on warm days. Take time out to find a cool place.

Common Heat-Related Disorders

Heat Cramps

- Symptoms: Painful spasms, usually in muscles of legs and abdomen due to heavy exertion. Heavy sweating.
- First Aid: Stop activity and rest in a cool place. Lightly stretch or gently massage muscle to relieve spasms. Give sips of cool water.

Heat Exhaustion

- Symptoms: Heavy sweating. Skin cool, pale, and clammy. Pulse fast and weak. Breathing fast and shallow. Fainting, dizziness, vomiting, and nausea.
- First Aid: Get victim to a cool place. Have victim lie down and loosen clothing. Apply cool, moist cloths. Give sips of cool water.

Heat Stroke (sun stroke)

- Symptoms: Temperature 103 F or higher. No sweating, rapid pulse, fast and shallow breathing. Hot, red, dry skin. Nausea, dizziness, headache, confusion.
- First Aid: Heat stroke is a severe medical emergency. Summon emergency assistance or get the victim to a hospital. Delay can be fatal. Move the victim to a cooler environment. Use cool baths or sponging to reduce body temperature.

Follow the Red Cross Rules for Water Safety



The warmer months are a time for fun in the sun, and water safety is integral to making sure your family stays safe in and around the water. Whether you're the parent of a child or just a child at heart, be sure to follow these safety tips when near the water.

- Learn to swim and swim well
- Always swim with a buddy. Never swim alone
- Read & obey all the rules -- Know Before You Go: Check for currents and tides before entering the water
- Stay in reach of small children
- Alcohol and water don't mix! Never drink when swimming and boating
- Only swim where there's a lifeguard
- Make sure pools are gated with self-locking latches
- Empty water pails & buckets immediately
- Never leave children alone in water, including bathtubs – not even for a moment!
- Go down waterslides feet first
- **WARNING - Too Dangerous:** If you're too tired, too cold, too far from safety, had too much sun or too much strenuous activity it's not safe to swim