

BEAT THE HEAT

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This summer is going to be toasty. Keep you and your family safe from heat-related illnesses this season. Three types of illnesses include heat cramps, heat exhaustion, and heat stroke. Those who are at the highest risk are those 65 and older, children under the age of two, and those with chronic illnesses.

Tips for keeping your cool:

- Monitor the weather
- Stay in air-conditioning when possible
- Drink more water than usual
- Limit outdoor activities on the hottest days
- Pace yourself when you are outdoors
- Wear and reapply sunblock
- Wear loose, lightweight, light-colored clothing
- When wearing a facemask, pull it down as needed while keeping a 6ft distance from people
- Never leave children or pets in the car

If you suspect you or your family members are having a heat-related illness, seek medical attention immediately.