

# Summer Lovin' – How to Keep Cool

With the blazing sun upon us, we need to ensure we know how to keep cool to prevent dehydration and heat-related illnesses such as weakness, exhaustion, and disorientation. Staying in the heat for too long can lead to heat stroke which could be life threatening. Learn how to be safe while having fun outdoors!

## Tips to Stay Cool

- **Freeze it** – keep a supply of ice cubes handy
- **Take a tepid bath or shower (just below body temperature) before you sleep**
- **Avoid drinking alcohol and caffeinated beverages** – it dehydrates the body
- **Avoid eating protein-heavy foods** – this generates lots of metabolic heat in your body, so try and frequently eat smaller meals.
- **Keep your curtains closed** – also choose a lighter colour so it can reflect heat
- **Unplug appliances** – they might be emitting heat
- **Drink chrysanthemum tea** – shown to be a cooling herb
- **Cool bedding** – breathable fiber so it lets air circulate

## Symptoms of Heat Stroke

- Fever of 104 F (40 C) or greater
- Heavy sweating
- Flushed skin
- Headache
- Nausea and vomiting
- Rapid breathing
- Rapid pulse
- Fainting



If a person is experiencing any of these symptoms, **Call 911 or your local emergency number.**

Remove the person from the heat and try to cool him or her down immediately (i.e. spraying with garden hose, sponge with cool water)



## Healthy Popsicle Recipes

### Strawberry, Watermelon, and Kiwi Popsicles

Yield: 10 popsicles

Ingredients:

- 2 cups of diced watermelons
- 2 cups of sliced strawberries
- 1 peeled kiwi
- 1 lime



1. Juice and zest the lime
2. Place all the ingredients in a blender
3. Blend until smooth and pour in popsicle molds
4. Freeze for at least 3 hours or until solid

### Pineapple, Orange, and Banana Popsicles

Yield: 10 popsicles

Ingredients:

- 2 cups of chopped pineapples
- 3 peeled bananas
- 2 peeled oranges



1. Place all the ingredients in a blender
2. Blend until smooth and pour in popsicle molds
3. Freeze for at least 3 hours or until solid