

SUMMER LOVIN'

WAYS 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 bath or shower before you sleep.

The water temperature should be just below your body temperature.

Avoid drinking alcohol and caffeinated beverages.

It dehydrates the body.

Avoid eating protein-heavy foods.

This generates lots of metabolic heat in your body. Try smaller meals more frequently.

Keep your curtains closed.

Also choose a lighter colour so they reflect heat.

Unplug appliances.

They may be emitting heat.

Drink chrysanthemum tea.

It's shown to be a cooling herb.

Use cool bedding.

Sheets made of breathable fiber lets air circulate.

Symptoms of Heat Stroke

- Fever of 104 F (40 C)
- Heavy sweating
- Flushed skin
- Headache
- Nausea and vomiting or more
- 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).

Sources: Courtney-Smith, N., & Dovey, C. (n.d.). 20 Hot tips to stay cool. 7 ways to cool down. Retrieved from www.dailymail.co.uk/health/article-191204/20-hot-tips-stay-cool.html
Images by Freepik

Healthy Popsicle Recipes

Strawberry, Watermelon, and Kiwi

Makes 10 popsicles

Ingredients

- 2 cups diced watermelon
- 2 cups sliced strawberries
- 1 kiwi, peeled
- 1 lime



Instructions

Juice and zest the lime. Place all ingredients in a blender and blend until smooth. Pour into molds and freeze for at least 3 hours or until solid.

Pineapple, Orange, and Banana

Makes 10 popsicles

Ingredients

- 2 cups chopped pineapple
- 3 bananas, peeled
- 2 oranges, peeled



Instructions

Place all ingredients in a blender and blend until smooth. Pour into molds and freeze for at least 3 hours or until solid.