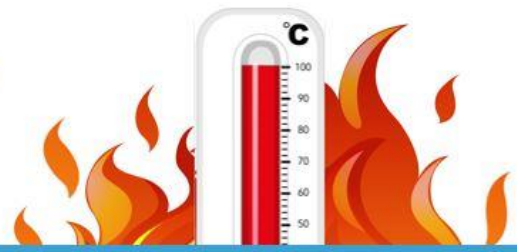


# SUN SAFETY

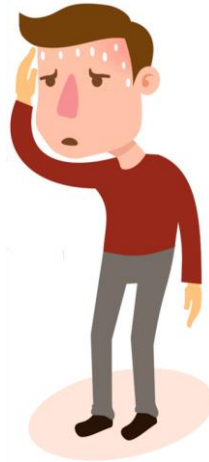


## Beat the Heat & Keep it Cool

The sunshine is one of the best things about summer, but with it comes the heat. We need to know how to keep cool to prevent dehydration and heat-related illnesses.

**Heat Exhaustion** is a milder form of heat-related illness, but without treatment, heat exhaustion may lead to heat stroke. Symptoms include:

- ☀ Skin rash
- ☀ Muscle cramps
- ☀ Dizziness or fainting
- ☀ Nausea or vomiting
- ☀ Heavy sweating
- ☀ Headache
- ☀ Rapid breathing or heartbeat
- ☀ Extreme thirst
- ☀ Dark urine and less urination



**Heat Stroke** is the most serious heat-related illness. It is life-threatening and occurs when the body can no longer control its temperature. Symptoms include:

- ☀ Body temperature above 103° F
- ☀ Dizziness or fainting
- ☀ Confusion or lack of coordination
- ☀ No sweating, but very hot, red skin

**!** If you experience any symptoms of **heat exhaustion**, move to a cool place and drink water. **Heat stroke** is a medical emergency. Call 911 or your local emergency number. Move the person from the heat and cool him or her down by applying cold water to large areas of the skin.

## TIPS TO STAY COOL

### 1 Keep it Loose.

Choose loose, lightweight, and breathable fabrics like linen and cotton. Light colours are best. Stay cool at night by sleeping nude!

### 2 Stay Hydrated.

Drink lots of water. Avoid alcoholic, caffeinated, and sugary drinks, which promote dehydration.

### 3 Consider the Home.

Keep curtains closed, and choose lighter colours, which reflect heat. Use a fan to circulate air, and unplug appliances that may emit heat.

### 4 Eat for the Heat.

Eat less salty foods and protein, which produce metabolic heat when digested. Eat more fruits and veggies, and smaller, more frequent meals.

### 5 Chill Your Lotions.

Keep moisturizers and aloe vera in the fridge to enjoy after being in the heat. Oil-based products shouldn't be chilled long or they won't absorb well.

### 6 Splish and Splash.

Keep a spray bottle in the fridge to mist your face. Run cold water on your wrists where blood vessels are closer to the skin's surface.

### 7 Take a Cooling Bath.

Take a tepid bath or shower to cool your body down. This is a great way to sleep better on hot nights.

### 8 Freeze it.

Put a bowl of ice in front of your fan for a cool breeze. Freeze towels for outdoors and pillowcases for night.

### 9 Drink Some Tea.

Chrysanthemum tea (especially the yellow variety) is known for its cooling effect.

### 10 Stay Low.

Warm air rises, so stay on lower levels when indoors. Sleep better on hot nights by snoozing downstairs.

Sources: [www.canada.ca/sun-safety](http://www.canada.ca/sun-safety)  
[www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/fact-sheet-staying-healthy-heat/fact-sheet-staying-healthy-heat.pdf](http://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/fact-sheet-staying-healthy-heat/fact-sheet-staying-healthy-heat.pdf)  
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