

# LIFESTYLE

## LESSONS



## Stay Cool in the Summer Heat

Extreme summer temperatures are not only uncomfortable, they're also dangerous for your health. This is particularly true for older adults and children, who are more susceptible to illness. Read on for more information about heat-related illnesses and top tips for preventing them.

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### Heat Exhaustion

This condition occurs when the body is not able to sweat enough to cool itself. Symptoms include:

- Dizziness or weakness
- Nausea or vomiting
- Blurry vision and difficulty speaking
- Body temperature of 101 degrees Fahrenheit
- Excessive thirst

When someone is suffering from heat exhaustion, they should move into a cooler place and drink water immediately.

### Heat Stroke

This condition is the result of untreated heat exhaustion and includes the following symptoms:

- Sweating
- Unawareness of heat and thirst
- Body temperature rising rapidly above 101 degrees Fahrenheit
- Confusion or delirium
- Loss of consciousness
- Seizures

When someone is suffering from heat stroke, medical personnel should be called immediately, as the condition is life-threatening. Place ice packs on the person's body until help arrives.

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### Prevention Is Key

To avoid heat illness in summer temperatures, remember to drink lots of water—even if you aren't thirsty. Additionally, wear light-colored, lightweight clothing made of natural fibers and put on a well-ventilated hat. Lastly, avoid leaving air-conditioned areas in the middle of the day if you can. Instead, complete outdoor activities (e.g., exercising or gardening) in the early morning or evening when temperatures are cooler. For additional lifestyle and well-being guidance, contact us today.

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