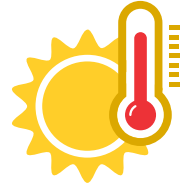




CHATTING ABOUT HEALTH



Heat and Your Health



Hot days can be tough for everyone



*If you are pregnant,
have asthma,
or have a chronic
health condition
like heart disease, heat can
make your health worse.*

*If you get too hot,
you can get sick.*

Know the symptoms of overheating and when to seek medical care.

*Muscle cramping
Unusually heavy sweating
Shortness of breath
Dizziness
Headaches
Weakness
Nausea*

Learn more about
Heat and your Health

<https://www.cdc.gov/heat-health/about/index.html>



Know How To Protect Yourself When It Is Hot Outside

- Stay in the shade as much as possible.
- Take breaks when you can.
- Do outdoor activities during the cooler parts of the day or evening, if possible
- When indoors
 - Use fans as long as the indoor temperature is less than 90°F.
 - When temperatures are above 90°F, a fan can actually increase body temperature.
 - Use air conditioning, if possible.
 - Call 2-1-1 to find a cooling center near you.
- Drink plenty of fluids
 - Carry a water bottle.
 - Drink and refill it throughout the day.
 - Check your urine color.
 - Light yellow or clear usually means you are drinking enough.



Swimming and Your Health

Water-based exercise is great for your physical and mental health. It can also be a popular way to escape the heat. Unfortunately, swimming can spread illness and cause injury.



Swimming-Related Injuries

- Drowning is the leading cause of death for children ages 1-4
- Drowning is the second leading cause of unintentional injury death for kids 5-14.

Swimming-Related Illness

- Common swimming-related illnesses include diarrhea, skin rashes, swimmer's ear, pneumonia/flu-like illness and irritation of the eyes or respiratory tract.
- You can get swimming-related illnesses if you swallow, have contact with, or breathe in mists of water contaminated with germs.
- Children, pregnant women, and people with weakened immune systems are at increased risk for swimming-related illnesses.



Steps to Prevent

Swimming-Related Injuries and Illness

- Check for recent inspection results or closure information.
- Check for lifeguards.
- If needed, use a well-fitted, Coast Guard-approved life jacket.
- Keep an eye on children at all times.
 - Drowning can be silent and it can happen in seconds.
- Don't pee or poop in the water.
 - Take children on bathroom breaks/check diapers every hour.
- Don't swallow the water.
- Stay out of the water if
 - you are sick with diarrhea.
 - you have an open cut or wound.
 - If you do go in the water, cover your wound with a waterproof bandage .
- Dry ears thoroughly after swimming.



Learn more about
Swimming
and your Health

<https://www.cdc.gov/healthy-swimming/index.html>

