

# SUMMER SAFE & HEALTHY

Summer's here! Check out these simple tips to beat the heat and stay safe all season long.



## STAY HYDRATED

**Drink plenty of water** with electrolytes to prevent heat-related illness. Drinking eight to ten glasses daily helps your body stay cool and avoid heat exhaustion.



## SUN PROTECTION

Protect yourself from the sun:

- **Avoid** peak exposure
- **Wear** protective clothing
- **Apply** sunscreen



## SAFE OUTSIDE

**Plan ahead** for outdoor activities and sports:

- Consider **weather and hazards**
- Use **correct safety gear**
- **Recognize your limits** to avoid overexertion



## SUMMER FOODS

Eating **lighter, more refreshing foods** in the summer can help you avoid feeling sluggish. Take advantage of the season's bounty by enjoying fruits and vegetables **while reducing your intake of fatty foods.**



## STAY ACTIVE

At least 150 minutes of weekly aerobic activity\* brings benefits like better sleep, reduced anxiety, and lower cancer risk. **During hot weather, choose indoor workouts** like yoga or treadmill walks to stay safe.



## HEAT EXHAUSTION

Heat exhaustion requires immediate attention. **Watch for symptoms:**

- Heavy sweating / Fatigue
- Cool, clammy skin
- Weak, rapid pulse
- Nausea / Muscle cramps
- Dizziness / Headaches

## LEARN MORE AT **HEAT.gov**

[Heat.gov](https://www.heat.gov) is the web portal for the National Integrated Heat Health Information System (NIHHIS) and serves as the nation's premier source of information regarding heat and health.



\* "Adult Activity: An Overview" - <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>

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