

# Stay Cool This Summer

## **Outdoor Activities**

Limit your outdoor activity, especially midday when the sun is hottest.

Pace your activity. Start activities slow and pick up the pace gradually.

## **Hydration**

Drink plenty of fluids even if you don't feel thirsty. Muscle cramping may be an early sign of heat-related illness.

Stay hydrated by enjoying a variety of beverages, as well as eating foods that have a high-water content, such as fruits and vegetables. For drinks, focus on unsweetened beverages, like water, in order to limit calories from added sugars. Try fruit-infused water for variety!

## **What to Wear**

Wear loose, lightweight, light-colored clothing.

Wear a wide-brimmed hat to protect your skin from the sun.

Wear sunglasses that block both UVA and UVB rays.

## **Protect Yourself from UV Exposure**

Try to stay out of direct sunlight between 10 a.m. and 4 p.m., when UV light is the strongest.

Use sunscreen and apply it as directed. Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels.

## **Prevent Heat-related Illnesses**

Seek medical care right away if you have symptoms of heat-related illness.

Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak or faint.