

Beat the Summer Heat

Summer can be a difficult season. Heat domes, wildfires and blistering sun all can pose threats to our health. It pays for all of us to be prepared, especially the elderly, the disabled and kids. Here are some simple tips to keep you healthy this summer:



Stay Hydrated

More than half of our bodies are made of water and we can lose fluids rapidly on warm, sunny days. Drink a glass of water when you get up and another before every meal. Fill a water bottle before bedtime. Eat foods like watermelon, cucumbers and strawberries that have a high-water content.



Stay Cool

Staying cool on hot summer days may not be as easy as it seems. Exercise when it's cooler outside, early in the morning or at night. Wear light, breathable clothes. Buy a fan. Hang out in cool places, such as the mall, the movies, or spend a day at one of [Washington County's cooling centers](#).



Watch Your Pets

Keep pets out of the sun and provide fresh water throughout the day. Don't over-exert them or leave them in the car. Walk your dog early in the day and late at night.



Water Safety

Whenever you are around water, maintain constant supervision and make sure children and non-swimmers wear lifejackets. Learn CPR and how to respond to emergencies. Never swim alone and if possible, swim in designated areas supervised by lifeguards.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

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