

Summer is here!

Protect yourself and your family from the heat

Now that summer is upon us, California will be heating up, and we'll be spending more time outdoors. Heat exposure can pose serious risks to health, but the good news is that heat injury is preventable. There are many things you can do to protect yourself and minimize your risk of heat injury, including:



- Be sure you drink plenty of non-alcoholic fluids, particularly water.
- Use sunscreen, and wear loose fitting, light-colored clothing, and a hat.
- Don't over-exert yourself during exercise. If you aren't used to strenuous activity, take it easy.
- Stay indoors, preferably in an air conditioned area, when temperatures are highest.



For more information on what you can do to protect yourself and your family, check out the links below.

The California Department of Public Health at:

<http://bepreparedcalifornia.ca.gov/EPO/BeInformed/NaturalDisasters/ExtremeHeat/TipsPrevHeatIllness.htm>

From Pacific Gas & Electric (PG&E) at:

<http://www.pge.com/myhome/edusafety/seasonal/coolingcenters/summersafety.shtml>

A guidebook for health professionals is available from the U.S. EPA:

http://epa.gov/heatisland/about/pdf/EHEguide_final.pdf

