

Health & Wellness Tip of the Week

Week 27 July 3, 2017

July is all about **Emergency Planning**

It is the perfect time to remind everyone about the importance of planning ahead to protect your families from natural disasters or emergency situations at home.



Summer Weather Terms To Know

Heat Wave – Period of extreme heat, usually accompanied by high humidity.

Heat Index – The relative humidity added to the air temperature—how hot it feels.

Heat Cramps – Muscle pains due to exertion—the first sign of heat-related problems.

Heat Exhaustion – A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke – A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.

During a Heat Wave:

- ☼ Stay indoors in air conditioning as much as possible and in the shade if you go outside.
- ☼ If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- ☼ Wear sunscreen outside, along with light-colored clothes that covers as much skin as possible.
- ☼ Drink water regularly even if you are not thirsty. Limit alcohol, which speeds dehydration.
- ☼ Never leave children or pets alone in the car.
- ☼ Avoid exertion during the hottest part of the day.
- ☼ Take a cool shower or bath.

Sources: Positive Promotions

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

