

Just a quick blog this week to share some hot weather advice. Tomorrow and Sunday will be the hottest days so far this year, predicted to be at 93 and 98 degrees, respectively. That is pretty hot around this area of the country.

As we get older and advance to what I like to call “middle age,” it is harder for our bodies to adjust to extreme temperatures. It becomes very important to do everything you can to prevent heat injuries, such as heatstroke (very serious illness).

The latest issue of the Newsletter for the Lewis, Mason, Thurston Area Agency on Aging Family Caregive Program has a short but very to the point article on what you can do to prevent heat injuries.



Sunshine from the neighborhood!

Please read through these and do what you can to avoid the heat coming in the next few days.

1. Drink more fluids than you normally do, particularly water. Don't wait until you are thirsty as this is an indication you are already dehydrated.
2. Avoid alcohol and sugary drinks as this compounds the hydration issue.
3. Wear loose fitting and breathable clothing as this allows your body to cool naturally.
4. Avoid being outside during the hours from 11 a.m. to 3 p.m.

5. Pace yourself in any physical activity you may be engaged in.
6. Soak your feet in cool water or place a damp cloth on your forehead.

If you do find yourself overheated and ill, call 911 right away. Time is of the essence in treating heat injuries. Symptoms to watch for:

Warning signs vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse.
- Throbbing headache.
- Dizziness.
- Nausea.

Quote of the Day:

Love is a fruit in season at all times, and within reach of every hand. – Mother Teresa

Enjoy the sunshine this week!

