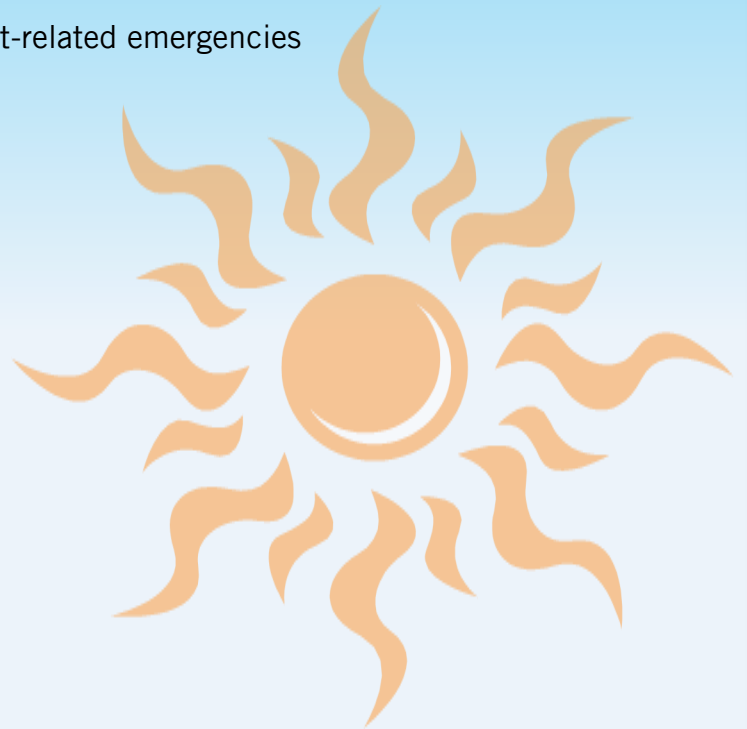


Staying Cool In the Summer Heat

- ✓ Listen to local weather forecasts and stay aware of upcoming temperature changes
- ✓ Eat light – the more calories you take in, the more body heat you produce
- ✓ Stay hydrated and drink plenty of water before work and throughout the day
- ✓ Drink at least 8 ounces of fluid per half hour
- ✓ Avoid liquids that contain alcohol, caffeine or large amounts of sugar
- ✓ Choose the proper type and amount of clothing
- ✓ Take frequent breaks in shady areas
- ✓ Always wear a sunscreen with an SPF of 15 or higher
- ✓ Apply sunscreen at least 20 minutes before going outdoors
- ✓ Get trained in first aid to learn how to treat heat-related emergencies

Symptoms of heat exhaustion include:

- Headache
- Dizziness
- Weakness
- Light-headedness
- Heavy sweating
- Confusion
- Clammy skin
- Nausea and vomiting may occur



If you or someone you know experiences these types of symptoms, lay them down in a cool area with legs raised. Remove excessive layers of clothing. Give up to 1 liter of water. Do not give anything to drink if vomiting. Cool with cold, wet cloths and a fan. If symptoms persist seek medical attention.

Visit www.provider.bcbs.com or call 888-222-9206 to find a provider near you