

## Hot Weather Safety

### Preventing Heat Stroke and Exhaustion

When performing physical activity for long hours, playing outdoors, or doing yard work for an extended period - one of the most important things you need to consider ESPECIALLY during the hot summer months is staying hydrated and taking breaks in a shaded area. Drinking an adequate amount of water is something you should pay attention to all the time, but in the hot summer sun it becomes a serious risk factor.



### Tips to stay hydrated in the summer:

- The best time to consume fluids is before you are thirsty. You should literally be on a water schedule because when you become thirsty it means your body is already dehydrated.
- Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks promote dehydration. If you do consume caffeine you need to increase your water consumption even more. If you are drinking alcohol in the heat, you should drink a bottle of water for every drink you have.
- Take frequent breaks in a shaded area to cool down, which will give you the perfect opportunity to drink fluids and eat healthy snacks to replace lost minerals.
- Be sure to wear the right attire to stay cool: lightweight and light colored clothing. A hat will protect the head and face from the sun.
- An easy way to check dehydration is in your urine color. When our bodies sense low water storage, the kidneys will begin to conserve water instead of excreting it, which results in darker colored urine. A normal urine color is very pale yellow. The more yellow your urine, the more fluids you need to drink.
- Freeze water bottles overnight to take to work with you the next day, so your water stays chilled.



### Hydrating Mango Green Smoothie

- 1 cup fresh washed spinach leaves (packed)
- 1 cup frozen mango cubes
- ½ medium banana
- ¾ cup unsweetened coconut or almond milk
- ½ cup orange juice
- 1 Tbs ground flax seeds or chia seeds
- ½ cup ice cubes

Place all ingredients in a blender and puree until smooth.

## Preventing Heat Stroke and Exhaustion

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p style="font-size: 2em; font-weight: bold; text-align: center;">CALL 9-1-1</p> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul>
<p>Weather.gov/socialmedia Weather.gov/heat</p>		<p>@SacramentoOES SacramentoReady.org</p>

### Additional American Heart Association Recommendations:

- To make sure that you are adequately hydrated, weigh yourself first thing in the morning after using the bathroom. If you are 2 pounds less than normal, you are likely dehydrated and you should rehydrate yourself by drinking plenty of water, especially if you are doing anything physical.
- If the temperature is above 70 degrees outside, your chance of dehydration is greater than if it is cooler. To stay hydrated, sip water frequently, and be sure to drink before, during, and after any vigorous activity.

### Hydration, Hydrate, Hydrate!

Staying hydrated is important. We all know that. For some of us, though, we may drink plenty but still feel thirsty and dehydrated. **What could be going on?**

**You're not drinking enough.** On average, men need 121 oz. of fluid daily and women need 91 oz. However, everyone is different, and it can depend on how much energy you use. Factors



### Hydrating Watermelon & Feta Salad with Chopped Veggies

Serves at least 4

- 1 pound Campari or plum tomatoes, diced, drained
- 1 ½ cups diced seeded watermelon
- 1 large green bell pepper, seeded, cut into 1/3-inch cubes
- ½ large English hothouse cucumber, seeded, cut into 1/3-inch cubes
- ½ cup very thinly sliced radishes
- 3 tablespoons olive oil, divided
- 10 ounces feta cheese, cut into small cubes (about 2 ½ cups),
- 2 divided green onions, chopped, divided
- ¼ cup thinly sliced fresh mint leaves, divided
- ½ cup plain Greek-style yogurt
- 1 teaspoon dried oregano

Toss first five ingredients and two tablespoons oil in large bowl. Add half each of cheese, green onions, and mint. Mix remaining cheese, green onions, mint, and oil in processor; add yogurt and oregano. Process just to blend (do not over-mix or dressing will get thin). Season dressing with salt and pepper; mix into salad.

Recipe and photo: <https://smitten-kitchen.com/2008/07/chopped-vegetable-watermelon-and-feta-salad/>

include exercise, how much you sweat, and your intake of fruits and vegetables. Drink when you are thirsty, and for some populations, such as older folks and children, encourage them to drink often as they may have a decreased thirst mechanism.

**Your electrolytes are out of whack.** Water is important, but so are electrolytes (sodium, potassium, calcium, magnesium chloride). Foods that contain electrolytes include kale, spinach, avocados, potatoes, beans, almonds, peanuts, soybeans, strawberries oranges, watermelon, bananas, kiwi, tomatoes, milk, fish, poultry, veal, raisins, olives, canned foods (because of the salt).

**Electrolytes leave the body through sweat and urine, so if it's hot out, you're exercising, you are sick with a fever, etc. you may need to replenish.** In addition, if you chug a large amount of water and overload your system, you are just washing away your electrolytes. Better to drink throughout the day. You can also get electrolytes through electrolyte drinks and powders that you can add to water.

**Those iced coffees and sodas...** They taste great and seem refreshing, but any drink with caffeine or alcohol has a diuretic effect and will make you urinate more.

**Your medication could possibly make it easier for you to become dehydrated.** This can include diuretics, laxatives, blood pressure medication, and antacids. Talk to your doctor to see if dehydration is listed as a side effect.

**Early sign of diabetes** - If you urinate frequently and are always thirsty, there's the possibility that this is an early sign of diabetes. Your urine may be sweet smelling and you may have weight loss.

### Hydration Hacks

- Make it easier on yourself to stay hydrated by tracking how much you drink. There are lots of apps and water bottles that you can use for this.
- Drink a glass of water before your meals and when you rise in the morning. This way you will know that you've had at least 4 glasses of water. A bonus to this is that you may not eat as much because sometimes our bodies confuse thirst for hunger.
- Flavour your water. You can add lemons, limes, and powders made for water that have no extra sugar or artificial sweeteners.
- Eat plenty of foods high in water. This includes watermelon, cantaloupe, celery, and lettuce.



### Hydrating Cucumber Watermelon Summer Salad

Serves 6

- 3 cups seedless watermelon cubed
- 2 cups cucumber cubed
- 1 cup yellow bell pepper diced
- ½ cup purple onion diced
- 1 avocado cubed
- ¼ cup cilantro finely chopped
- Dressing
- ¼ cup avocado oil
- 2 tablespoon freshly squeezed orange juice
- 2 tablespoon freshly squeezed lime juice
- ⅛ teaspoon kosher salt
- ⅛ teaspoon fresh ground pepper

### INSTRUCTIONS

Combine watermelon, cucumber, bell pepper and onion in large bowl. In jar with lid, combine avocado oil, orange juice, lime juice, salt and pepper. Shake dressing ingredients to combine. Adjust salt and pepper to taste. Toss together with watermelon mix. Add cilantro and diced avocado and gently mix. Cover and refrigerate for 15 minutes before serving.

Recipe and photo: <https://www.artandthekitchen.com/cucumber-watermelon-summer-salad/>