

## Hot Weather Guidelines

The temperature is heating up and it's time to review sun safety. Individuals with medical conditions often do not adjust well to heat or sudden changes in temperature. Some medications may affect the body's ability to regulate temperature.

Enjoy the summer by practicing safe-sunning with these simple steps:

- Wear loose-fitting, light colour clothing that protects exposed skin from the sun (natural fabrics are best)
- Wear a wide-brimmed hat and apply a broad-spectrum sunscreen (SPF 30 or higher) generously at least 20 minutes before going outside.
- Drink plenty of fluids to avoid dehydration. Popsicles are a fun and delicious way to increase fluids and cool down.
- Seek out shade, especially between 11am – 4pm when the sun's rays are strongest.
- Close the curtains on the 'sunny side' of the building to keep a room cooler.

Possible signs and symptoms of heat exhaustion: delirium, disorientation, giddiness, heavy sweating, paleness, muscle cramps, fatigue, weakness, dizziness, falling blood pressure, nausea.

If you experience any of these symptoms move to a cooler environment, lie down, remove or loosen tight clothing, drink fluids, and cool yourself off with cool compresses.

For more information please visit Island Health at [www.islandhealth.ca](http://www.islandhealth.ca)

