



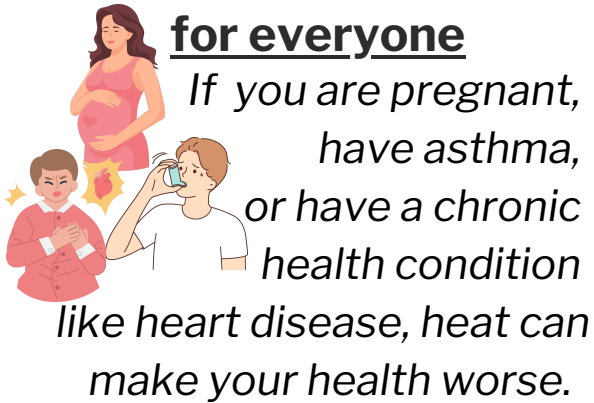
CHATTING ABOUT HEALTH



Heat and Your Health



Hot days can be tough for everyone



If you are pregnant,
have asthma,
or have a chronic
health condition
like heart disease, heat can
make your health worse.

If you get too hot,
you can get sick.

Know the symptoms of overheating and when to seek medical care.

Muscle cramping
Unusually heavy sweating
Shortness of breath
Dizziness
Headaches
Weakness
Nausea

Learn more about
Heat and your Health

<https://www.cdc.gov/heat-health/about/index.html>



Know How To Protect Yourself When It Is Hot Outside

- Stay in the shade as much as possible.
- Take breaks when you can.
- Do outdoor activities during the cooler parts of the day or evening, if possible
- When indoors
 - Use fans as long as the indoor temperature is less than 90°F.
 - When temperatures are above 90°F, a fan can actually increase body temperature.
 - Use air conditioning, if possible.
 - Call 2-1-1 to find a cooling center near you.
- Drink plenty of fluids
 - Carry a water bottle.
 - Drink and refill it throughout the day.
 - Check your urine color.
 - Light yellow or clear usually means you are drinking enough.



Swimming and Your Health

Water-based exercise is great for your physical and mental health. It can also be a popular way to escape the heat. Unfortunately, swimming can spread illness and cause injury.



Swimming-Related Injuries

- Drowning is the leading cause of death for children ages 1-4
- Drowning is the second leading cause of unintentional injury death for kids 5-14.

Swimming-Related Illness

- Common swimming-related illnesses include diarrhea, skin rashes, swimmer's ear, pneumonia/flu-like illness and irritation of the eyes or respiratory tract.
- You can get swimming-related illnesses if you swallow, have contact with, or breathe in mists of water contaminated with germs.
- Children, pregnant women, and people with weakened immune systems are at increased risk for swimming-related illnesses.



Steps to Prevent

Swimming-Related Injuries and Illness

- Check for recent inspection results or closure information.
- Check for lifeguards.
- If needed, use a well-fitted, Coast Guard-approved life jacket.
- Keep an eye on children at all times.
 - Drowning can be silent and it can happen in seconds.
- Don't pee or poop in the water.
 - Take children on bathroom breaks/check diapers every hour.
- Don't swallow the water.
- Stay out of the water if
 - you are sick with diarrhea.
 - you have an open cut or wound.
 - If you do go in the water, cover your wound with a waterproof bandage .
- Dry ears thoroughly after swimming.



Learn more about
Swimming
and your Health

<https://www.cdc.gov/healthy-swimming/index.html>

