

## Heat Tips

With the temperatures expected to be near 100 degrees, here are some things to consider while preparing:

- Wear LIGHT-WEIGHT, LIGHT COLORED and LOOSE FITTING CLOTHING. Lightweight clothing is usually well ventilated clothing and it helps the body to cool much faster. Light colored clothing does not tend to absorb as much sun as your dark colors. Loose fitting clothes allows for more air from the out side to cool. Also, if you are going to wear minimal clothing, we encourage you to use sun block.
- Though the body cools itself by sweating, that sweat is a very vital component to our body's hydration. With that said, we also stress the importance of WATER, WATER AND MORE WATER.
- Another important aspect of hydration is to know the correct fluids to put in your body. While we can appreciate that everyone wants to have a good time, we respectfully discourage the use of alcohol. Not only is alcohol the source of a lot of unnecessary violence, it is also a major cause of dehydration. Also, while you may think you know your body better than anyone else, it is important to note that one of the first signs and symptoms of dehydration is an Altered Mental Status. Keep in mind that if your already intoxicated by the overconsumption of alcohol, how are you supposed to know the difference
- We also encourage people to use a "buddy system". Someone who can be accountable for you when you can't be accountable for yourself.

For more information visit:

<http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>