



The summer heat is upon us. This is a good time to review summer safety. Just being outside in some conditions can be dangerous, especially if you have to be outside for a long time with no shade. Take a minute to make sure you're prepared for summer weather and outdoor activities.

Stay cool (and safe!) this summer

Many of us look forward to the summer for warmth and relaxation, so take a few minutes now, before your brain goes on vacation, to prepare for summer heat with these tips.

Beat the heat at home:

- Keep your house cool—and save money—by making sure you have proper insulation. This will keep the air conditioning inside and the heat outside!
- If you've got a lot of windows, try applying reflective films to them. It'll help repel some of the heat and sunlight being conducted inside.
- Turn on the grill! Cooking outside keeps your house cooler and doesn't overtax your AC trying to combat heat from the stove or oven.

Prep your car:

- Before the summer heat hits in full force, check coolant levels in your engine. If you haven't had service done in a while, ask your mechanic if it's time to flush the cooling system.
- Confirm you've got an emergency kit in the car, including both drinking water and water to cool the engine. (Make sure you know how and where to add water if necessary!) You may also want to add a fan attachment for your smartphone; just plug it in to the headphone jack and the phone battery powers the fan.
- NEVER, EVER leave children or pets unattended in the car. Temperatures inside a closed vehicle can turn deadly in minutes.

Stay cool on the go:

- If you usually exercise outside, go early in the morning while the sun is weakest. If possible, exercise indoors on particularly hot days.
- Keep drinking water all day, even if you don't feel thirsty.
- Put on sunscreen even if you'll only be outside for a short time. Add a sunhat or brimmed cap to protect both your eyes and your skin. (It's possible to get collapsible sunhats that will fit in a pocket or purse.

It really only takes a few minutes and a little preparation to have a happy, healthy summer. To learn more, check out [Weather.com's Beat The Heat](#) page for additional tips.

Source: [Weather.com](#)

Water safety

Many of us will spend at least part of the summer at the beach or by the pool. Playing in the water is a great way to stay cool and have fun, but it's important to take water safety seriously too. Keep these tips in mind so you can stay safe and have fun!

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Ensure that everyone in the family learns to swim well. Many public pools offer low-cost lessons!
- Never leave a young child unattended near water; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear life jackets or flotation assistance around water, but do not rely on life jackets alone.
- Even if you do not plan on swimming, be cautious around natural bodies of water, including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.
- Install and use barriers around your home pool or hot tub. Safety covers and pool alarms should be added as additional layers of protection. Latches should be high enough to be out of a small child's reach.
- Always stay within arm's reach of young children and avoid distractions when supervising children around water.



Adapted from [The Red Cross](#)

Know the symptoms: Heat-related illnesses

Sometimes no matter how careful we are, the heat is just too much. If you're in a situation where heat-related illnesses are a possibility, keep these warning signs in mind, both for yourself and others. If you can recognize the signs and ensure proper treatment, you could save a life.

Heat Stroke

Not all victims have all symptoms, but warning signs of heat stroke include:

- Very high body temperature (over 103 degrees)
- Very damp or very dry skin
- Very flushed or heated skin
- Fast, strong pulse
- Headache or dizziness
- Nausea
- Loss of consciousness

What to do: Call 911 immediately. Move the person to a cooler location if possible and try to cool them down with cool cloths or a cool bath. Do NOT give them anything to drink. Allow EMTs or paramedics room to work.

Heat Exhaustion

Heat exhaustion is actually different from heat stroke and is treated differently. Some symptoms are the same, but also note the differences:

- Heavy sweating
- Cold, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness/weakness
- Headache or dizziness
- Fainting

What to do: Move the person to a cool place and loosen their clothes. Cool them down with damp, cold cloths or a cool bath. Have them sip water slowly. Many cases of heat exhaustion do not need medical attention, but be sure to call 911 or seek medical help if symptoms get worse, last more than an hour after getting out of the heat, or if the person is vomiting.

Heat Cramps

Unlike heat stroke and heat exhaustion, which can happen at any time in hot weather, heat cramps are almost always experienced while exercising. Be on the lookout for:

- Heavier than usual sweating during intense exercise
- Unusual muscle pain or spasms

What to do: Stop physical exertion immediately and move to a cool place. Sip water or a sports drink. Don't do any more physical activity until the cramps go away completely. If the cramps last longer than an hour, if you're on a low-sodium diet, or if you have pre-existing heart problems, seek medical help.

Of course, there are other heat-related ailments, including sunburn and heat rash. But these three are the ones most likely to need medical intervention. When in doubt, though, always seek medical advice.

Adapted from www.cdc.gov



Recipe of the Month:

Gazpacho

This cold tomato soup is incredibly easy to make and perfect for a hot summer's day. The recipe is fairly flexible, so have fun with the ingredients!

Ingredients

- 3 medium tomatoes, peeled, seeded, and chopped (about 3 cups)
- 1 large cucumber, peeled, seeded, and chopped (about 2 cups)
- 1 red bell pepper, chopped (about 1 cup)
- 1 medium onion, chopped (about 1-1/4 cups)
- 3 cups canned tomato juice
- 2 tablespoons fresh herbs (such as tarragon, thyme, or parsley), chopped
- 1/4 cup red wine vinegar
- 2 cloves garlic, peeled and finely chopped
- 2 tablespoons tomato paste
- Juice of 1/2 a lemon
- Kosher salt
- Cayenne pepper
- 1 cup croutons, to garnish

Instructions

In a bowl, reserve 2 tablespoons each of the tomato, cucumber, pepper, and onion for the garnish.

In the food processor or blender, purée the remaining ingredients (except the croutons) until smooth, adjusting the seasoning to taste with lemon juice, salt, and cayenne pepper.

Cover and chill thoroughly, at least 3 hours, but preferably overnight. Adjust the consistency as desired with water. Serve in chilled bowls garnished with the reserved vegetables and croutons.

Nutrition per serving (8 servings):

Calories: 61; Fat: 1 g; Saturated Fat: 0 g; Fiber: 3 g; Carbohydrates: 13 g; Protein: 2 g; Sodium: 628 mg

Adapted from www.epicurious.com