Warm Weather Safety

When you are in the heat for an extended period of time, your body begins to do things it wouldn't normally do because it is going into survival mode. Here are a couple things to look for:

Illness: Heat Exhaustion	
What will happen	What you should do
Heavy sweating Weakness Nausea Vomiting Headache Light headedness Fast, weak pulse	Move to a cooler location. Lie down and loosen clothing. Apply cool, wet cloths to as much of the body as possible. Sip water. If vomiting continues, seek a doctor immediately.

Illness: Heat Stroke	
What will happen	What you should do
Hot, red, moist skin Rapid, strong pulse Possible unconsciousness High body temperature	Call 911 immediately—this is an emergency. Move to a cooler environment. Reduce person's body temperature with a bath or cloth. DO NOT GIVE LIQUIDS.

Falls COMMUNITY HEALTH

Live Well Sioux Falls

Feel Well. Live Well.

Summer Safety

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Wear sunglasses for UV protection.

Stay covered with a wide-brimmed hat.

Reapply sunscreen after swimming.

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Sun Safety

Sunscreen: This is a product that you put on your skin to protect it from the sun's ultraviolet (UV) rays.

Hat: Wear a hat with a brim all around to protect areas that are often in the intense sun such as the ears, eyes, forehead, nose, and scalp.

Lip Balm: This is a product that you put on your lips to protect them from the sun's UV rays; make sure is has "SPF" in it!

Sunglasses:
UV-blocking sunglasses are important for protecting the delicate skin around the eyes, as well as your eyes.

Water Safety

Pools:

Always supervise children in pools and lakes.

If you swim for 60 minutes, rest for 5 minutes.

Avoid water when there is a storm or bad weather.

Swimming:

Take swimming lessons; visit www.siouxfalls.org/parks and look at the summer *Activities Guide* for more information.

Always swim with a friend.

Wear a life jacket.

Swim in designated areas where lifeguards are present.

Keep toys not in use away from the pool.

Drinking water:

Drink at least 5 8-ounce glasses of water each day.

At swimming breaks, drink 8 ounces of water.

When bicycling or running on City trails, stop for water breaks.

Library Resources

Books	
Prevention of Bug Bites, Stings, and Disease	613.6 Strickman
Fitness Swimming	797.2 H66F
Videos	
Infant and Toddler Emergency 1st Aid Vol. 1 (DVD)	616.02 Infants

What can I do to stay safe this summer?

- ✔ Wear a hat.
- ✔ Wear sunscreen.
- ✔ Wear lip balm with SPF.
- ✔ Wear clothes to cover your skin.
- ✔ Wear sunglasses.
- ✔ Take breaks from the direct sunlight.