

## 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	Move to a cooler location.
Weakness	Lie down and loosen clothing.
Nausea	Apply cool, wet cloths to as much of the body as possible.
Vomiting	Sip water.
Headache	If vomiting continues, seek a doctor immediately.
Light-headedness	
Fast, weak pulse	

### Illness: HEAT STROKE

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



A718011.indd

**Falls**  
COMMUNITY  
HEALTH



Connect with us @LiveWellSF

Feel Well. Live Well.

Summer Safety



Wear sunglasses with UV protection for eyes.

Stay covered with a wide-brimmed hat.

Reapply sunscreen after swimming.

**Falls**  
COMMUNITY  
HEALTH

livewellsiouxfalls.org



# Summer Safety

## 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 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 it has "SPF" protection in it.

### Sunglasses:

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



## Water Safety

### Bodies of Water:

- 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 lightning in the vicinity.

### Swimming:

- Take swimming lessons; visit [www.siouxfalls.org/parks](http://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 five 8-ounce glasses of water each day.
- At swimming breaks, drink 8 ounces of water.
- When bicycling or running (on City trails, for example), stop for water breaks. Bring water along.

## Outdoor Safety

- Use DEET and clothing coverage to protect yourself from disease-carrying mosquitoes, ticks, and other insects.



- Wear safety equipment for summer activities, such as bike helmets, knee pads, and life jackets.

- Be aware of severe weather and take shelter when it approaches. Use a weather-alert radio or smart phone alerts.



## Resources at Your Library

BOOKS	
Prevention of Bug Bites, Stings, and Diseases	613.6 Strickman
VIDEOS	
Infant and Toddler Emergency 1st Aid Vol. 1 and 2 (DVD)	616.02 Infants

# Be Safe in the Summer Sun



**Wear sunglasses with UV protection for eyes.  
Stay covered with a wide-brimmed hat.  
Reapply sunscreen after swimming.**



Connect with us @LiveWellSF

