



HOT WEATHER PRECAUTIONS

The recommended 8 glasses of water a day may be okay for wintertime, but with the heat of our summers, it's not enough. We recommend that when the temperature soars above 90 degrees, you should:

1. Increase your fluid intake daily, primarily with water. Sip water throughout the day, rather than drinking large quantities quickly. This will increase the amount of water your body absorbs. *Sugary soft drinks and alcohol will actually make you feel worse.*
2. **Take water with you when you go for your walks.** Begin loading fluids an hour before you go outside. Once you get dehydrated, you can't catch up!
3. If you are exposed to the outside heat for long periods, i.e. longer than ½ hour, and you are losing lots of fluids from sweating, sports drinks are very good while you are exposed to the heat. Again, start loading the fluids an hour before you start. When possible, stop your outside activities every half hour or so to cool off and to take in fluids.
4. **If you are taking a diuretic (HCTZ, etc.) you may become dehydrated more quickly. More attention must be paid to your hydration.**
5. **NEVER USE PLASTIC "SWEAT SUITS" OR "BODY WRAPS" TO LOSE WEIGHT!** They prevent perspiration from evaporating and cooling the body, and permit the body's core temperature to rise to extreme levels, which may result in a fatal heat stroke. **Sweating has nothing to do with weight loss.** You should wear light colored, loose clothing.
6. Keep 1 or 2 bottles of water (per person) in your motor vehicle when traveling in case you become stranded by a flat tire or breakdown for another reason.
7. Parents of young children should monitor their children's water consumption, as these little ones cannot express their thirst.

