

From the desk of Stephanie Boulay, RD



July Nutrition Newsletter

Summer Heat Tips

With hot weather in the summer, the MA Emergency Management Agency (MEMA) is advising people to be cautious during periods of extreme heat, and shares some tips to help keep cool and safe.

Here are some tips to follow during hot weather:

- Avoid too much strenuous activity on a hot day.
- Wear lightweight, loose-fitting, clothing. Protect your face with a wide-brimmed hat.
- Drink water regularly & often, even if you do not feel thirsty.
- Eat well-balanced, light, regular meals.
- Stay indoors as much as possible.
- If you do not have a/c, stay on your lowest floor, out of the sun.
- Check with your community for information about possible local 'cooling centers'.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF.
- Never leave grandchildren or pets alone in a closed vehicle.
- Do not leave pets outside for extended periods.
- Make sure that pets have plenty of drinking water.
- Check on family, friends and neighbors.

For additional information about MEMA & Preparedness, go to www.mass.gov/mema.