

Summer Heat Safety **Eileen Musgrave, RN**

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With summer comes sun and warm weather and all kind of outdoor activities. But if you're going to be out in the sun, especially on a hot day, you need to stay safe. Learn the best way to beat the heat and stay out of trouble.

This webinar is for self advocates to discuss summer heat safety tips and preventing heat emergencies.

Summer Heat Safety:
ODP HEALTH ALERT

KEY TAKEAWAYS

- Wear loose fitting, lightweight clothing
- Protect against sunburn
- Drink plenty of fluids
- Avoid the hottest part of the day (10a-4p)
- Take frequent breaks
- Be careful with certain medications
- Never leave anyone, including pets, in a parked car

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