

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Stay safe in the heat this summer

If a heat warning is in effect, take precautions to protect yourself and your loved ones:

- If you're planning on being outdoors:
 - Apply a sunscreen of at least sun protection factor (SPF) 30, at least 20 minutes before heading outdoors. Be sure the SPF 30 screens out both UVA and UVB rays, and reapply frequently (as directed on product label).
 - Wear a wide-brimmed hat and sunglasses (with a UVA/UVB CSA certified seal).
 - Wear light-coloured long-sleeved shirts and pants that cover skin.
 - Consider rescheduling outdoor activities to cooler hours of the day.
 - Drink plenty of water and other non-alcoholic, non-caffeinated beverages to stay hydrated.
- Take frequent breaks from heat, spending time indoors. If you are going to be indoors in a public building, such as a mall, be sure to respect and follow all COVID requirements, including physical distancing and considering masks.
- Do not leave any person or pet inside a closed vehicle, ever.

Monitor for symptoms of heat stroke, including:

- high body temperature
- lack of sweat
- disorientation
- fainting
- unconsciousness.



While awaiting medical attention:

- move the individual to a shaded area
- remove his or her outer clothing and shoes
- wrap the person in a wet towel until medical care is being provided.

If you start to feel overheated, stop your activity immediately. Seek shade and drink fluids. Seek medical attention immediately for anyone who is feeling faint.

For more information, go to ahs.ca/heat.