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Let's Talk About Weather

JUNE 16TH 2015 BY DEE LOFLIN

Let's Talk About Weather

Age Spots by Ruth Dockins

Let's talk about the weather.

We are getting into the really hot months of the year, as you may have noticed. It's a good idea to take it easier in the hot summer time and drink lots of water. If you are on a fluid restricted diet or diuretics ask your doctor how much you should drink. But generally speaking you should drink more liquids than your thirst indicates, especially if you are 65 or older. Additionally, alcoholic beverages will actually cause you to lose more fluid.

Choose lightweight, light-colored, loose-fitting clothing. A wide-brimmed hat will provide shade and help keep the head cool. We all know about avoiding sun-burn, to check which sunscreen product gives the best protection check the sun protection factor (SPF) number on the label of the sunscreen container. Select SPF 15 or higher to protect yourself adequately.

If you are unaccustomed to working or exercising in a hot environment, start slowly. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity, get into a cool area, or at least the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Watch for these warning signs of:

HEAT STROKE

- €€€€€€ Extremely high body temperature (above 103 degrees)
- €€€€€€ Red, hot, and dry skin (no sweating)
- €€€€€€ Rapid, strong pulse and/or a throbbing headache
- €€€€€€ Dizziness and/or nausea
- €€€€€€ Confusion
- €€€€€€ Unconsciousness

What to do; If you see any of these signs you should have someone call for IMMEDIATE medical assistance while you begin cooling the victim. Cool the victim rapidly, immerse in a tub of cool water, spray water from a garden hose, sponge with cool water. Do not give the victim alcohol to drink.

HEAT EXHAUSTION

- €€€€€€ Heavy sweating, paleness
- €€€€€€ Muscle cramps
- €€€€€€ Tiredness, dizziness, headache
- €€€€€€ Nausea or vomiting
- €€€€€€ Fast, weak pulse, fast and shallow breathing

What to do: Help the person cool off by drinking cool non-alcoholic beverages, cool shower and get them to an air-conditioned environment. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment.

The best way to beat the heat is to stay in an air-conditioned area. If you don't have an air-conditioner, electric fans are useful to draw cool air into your home at

night. If you are using an electric fan to cool off during the day letting it blow over cool water helps it cool the air much better. Just put a pan of water in front of the fan, it really makes a difference.

Use your stove and oven less to maintain a cooler temperature in your home. (I used to tell my husband that we should eat out to save money on utilities at home. He never seemed to believe me)

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