

Tips to Beat the Heat



As summer temperatures hit, here are a number of important tips

~ Drink Water

Drink plenty of water to prevent thirst. When your body says it's thirsty, then you missed the first request to hydrate. It is essential for maintaining blood circulation throughout your body. Water maintains your body temperature. As you exercise, your metabolism and your internal body temperature increase. Water carries heat away from your internal organs.

~ Dress light

Take the lead of those who spend most of their lives in tropical climates: loose, lightweight cotton and linen clothing rules.

~ Plan your day

Start before the sun rises and after it sets you have a few golden hours of cooler weather. Take this time to water your plants, go for a jog, or enjoy a meal outside walk the dog.

~ Cool that pulse point

When I was sick, as a child, grandma placed a cold cloth on my head or neck, inner elbow, behind the knee, ankle, chilling the pulse points. Running cold water over your wrist or splashing water on your face can produce a similar effect.

~ Don't eat: Graze

Break up your meals into smaller and more frequent meal portions. You have to eat it all at once spread it out you will still get all in.

~ Eat to sweat

Spicy foods are known to make you sweat without actually raising your body temperature. Due to [capsaicin](#), a chemical found in things like hot peppers. Once your skin is damp, you'll feel cooled by its evaporation (If you dare). Try some "no-cook" or "oven-free" recipe ideas

~ Stay cool under the covers

A lot of people find it difficult to sleep in hot weather. Want to cool the bed down? Fill a standard hot water bottle with ice water. Use it to cool your ankles and the back of your knees.

~ Essential Oils / Aromatherapy.

Peppermint and Spearmint Essential Oil both contain menthol which has cooling properties. Add a few drops to your diffuser at home, or make your own body mist for when you're on the go. Try Rose or Lavender before bed to create a relaxing aroma.

~ Swim!

Take a dip in a local swimming hole, public pool, or even a kiddie pool in your backyard! There's nothing better than submerging in cold water on a hot summer day.

If you must go out in the heat, remember

~ Pre-hydrate

Drink plenty of fluids in the hours before you go, so that you are not starting your day with a fluid deficit.

~ Limit Caffeine Intake

Avoid consuming caffeine before and during your outing (this includes coffee, tea, cola, energy drinks). Caffeine has a diuretic effect which increases water loss and contributes to dehydration.

~ Avoid Ice Cold Drinks

Cold water causes the blood vessels in the stomach to constrict, reducing the rate of fluid absorption. Cool water is absorbed faster, which is important to keep you hydrated when working in the heat.

~ Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.

Air Quality Index Levels Health Concern

As summer approaches and the temperature rises, the presence of air pollutants and the health concerns increase as well.

You can protect your health with an understanding of the air quality forecast.

The AQI currently exists for five out of six common air pollutants. They are: ground-level ozone, particle pollution, carbon monoxide, sulfur dioxide, and nitrogen dioxide.

Code Green 0-50: air quality is considered good, and air pollution poses little or no risk.

Code Yellow 51-100: air quality may pose a moderate health risk, especially for those who are unusually sensitive to air pollution.

Code Orange 101-150: unhealthy for sensitive groups, children and adults with respiratory and heart ailments, may experience health effects and should limit time spent outside. The general public is not likely to be affected.

Code Red 151-200: Everyone may feel the health effects and should limit their outdoor activity; members of sensitive groups may experience more serious health effects.

Code Purple 201-300: Everyone may feel more serious health effects and should avoid outdoor activities, especially individuals with heart and breathing ailments, children, and older adults.

Code Burgundy 300-500: Health warnings of emergency conditions. The entire population is more likely to be affected.

For assistance with utility bills call Maryland Energy Assistance at 301-909-6300.

City of Laurel Senior Service Ideas on beating the Summer heat

