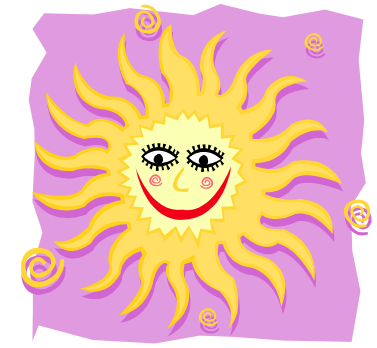


Heat Stroke & Dehydration

Don't Let Them Ruin Your Summer Fun



Tips to Avoid Dehydration

- **Medications.** Certain prescriptions cause water loss, something called a *diuretic effect*. Ask your physician if any of your medications cause this. If they do, plan on drinking extra glasses of water each day.
- **Alcohol** can lead to increased water loss and dehydration. Drink two extra glasses of water for each alcoholic beverage.
- **Caffeinated** beverages cause some fluid loss. Drink one extra glass of water for each cup of coffee, tea or soda pop.
- **Always** ask and talk with your doctor about ways to prevent dehydration that are right for you.

Tips to Avoid Heat-Related Stress

- Drink cool, non-alcoholic, non-caffeinated beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot.)

Tips provided by the Centers for Disease Control.

- Rest.
- Take a cool shower, bath or sponge bath.
- If possible, seek an air-conditioned environment.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.