Summer Safety

Life Enriching Communities promotes exceptional everyday experiences all year long. Now that we're in the swing of hot weather, here are some tips to safely enjoy your summer:

Avoid humid, high, or unsafe temperatures, and get your fresh air and Vitamin D early in the morning or later in the evening. If you do go outside, avoid as much direct sun exposure as possible and stay under the shade.

Stay hydrated by drinking at least eight glasses of water a day. Consider setting alarms throughout the day to remind you to hydrate and avoid alcohol and caffeine.

Switch around your exercise schedule so you're not engaging in strenuous activity during the hottest times of the day. This is a great opportunity for early morning yoga in the garden and lovely evening walks after dinner.

Wear protective clothing, such as long, lightweight shirts and pants made of natural fibers, wide-brimmed hats, and UV-filtering sunglasses.

Protect your skin from sun damage. Apply broad-spectrum sunscreen generously every couple of hours. Consider a water-resistant sunscreen with an SPF of 30 or higher.

Be mindful of any medications you are taking that may make your body more sensitive to the sun, such as antibiotics/antimicrobials/antifungals, antihistamines, cholesterol-lowering medicines, diuretics, NSAIDs, retinoids, and some medications that help control diabetes.

Watch for signs of a heat-related illness, such as confusion, dizziness, headache, nausea, rapid heartbeat, red or flushed skin, tiredness, and weakness. If you experience any of these symptoms, get to a cool location immediately.

Consult your doctor or medical professional about your health before partaking in any summertime events or activities or if you experience any health concerns.

Keep things cool at home by using air conditioning, circulating cool air with fans, taking cooler showers to refresh yourself, limiting oven usage, closing curtains in the daytime, opening windows at night, and sleeping with lighter bedding and pajamas.

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