

Dealing with the Desert Summers

The extremely hot months are just around the corner and it is necessary that we protect ourselves our pets and property from the extreme heat. Every year people are overcome by the heat and it was simply because they didn't think. There are several little things we can do to help us stay healthy and avoid the effects of the heat. Here are some helpful hints:



- Wear cool clothing and avoid dark colors
- Avoid the direct sun, especially at the pool
- Limit physical activity; keep it short
- Drink plenty of fluids; preferably water
- Eat light meals; fresh fruit is great
- Check medicines for hot weather reactions
- Take cool showers; avoid the steamy ones
- Keep pets inside as much as possible
- Never keep pets alone in a locked car
- Keep sun from coming into the house
- Avoid sudden temperature changes, from very cool inside to very hot outside
- If you must be outside stay in the shade as much as possible