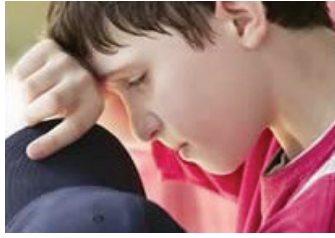


PREVENTION IS THE KEY TO SAFE FUN IN THE SUN

Our Central Texas summers are filled with plenty of outdoor activities and fun in the sun. If you are planning on being outdoors on a hot summer day you can take simple precautions to keep you and your family members safe from the summer heat. Stay



cool and make simple changes in your fluid intake, activities and clothing during hot weather to help reduce the risk of hyperthermia and heat stroke.

- Pack your cooler with water, ice and cool packs or cloths. Avoid caffeinated and alcoholic beverages which are diuretics and can dehydrate you.
- Dress for the heat in loose, light colored clothing, wear a hat and use sunscreen.
- Stay hydrated and drink more water than usual, 2 to 4 eight ounce cups of water every hour when outside for long periods of time, and when performing strenuous work or exercise.
- Don't over-exercise, take breaks and seek the shade or air conditioning to cool yourself down.
- Keep an eye on children, pets and the elderly for signs and symptoms of heat exhaustion and heat stroke.