

The 101 Critical Days of Summer begin on Memorial Day weekend and end after Labor Day. With all those fun summer activities, the following safety tips are offered to make your vacation journey a safe and happy one.

## Safety outdoors

- Hydrate. Hydrate. Hydrate.
- Always carry water with you and drink frequently.
- If you feel thirsty, you are already dehydrated.
- Always wear sunscreen outside and frequently reapply.
- Hats and sunglasses are a good idea each time you go outside.
- Know your own limits when it comes to activity.
- Watch for signs of heat strain and heat stroke. These include:
  1. Painful muscle spasms usually in the legs or abdomen
  2. No sweating
  3. Goosebumps
  4. Headache
  5. Clamminess, pale skin
  6. Dizziness or disorientation
- Try to stay out of the sun when it is at its height, especially between the hours of noon and 3 p.m.
- If bugs are a problem, use a bug spray made with DEET or a naturally derived product. Mosquitoes can cause Zika and West Nile infection and disease
- If ticks are a problem, wear long pants and long sleeves and use bug spray
- Check for ticks when you remove your clothes. Ticks can cause a number of diseases, and deer ticks, which cause Lyme disease, are tiny.
- If you find a circular red spot like a bullseye on your skin after being outdoors, you may have been exposed to deer ticks. Check with your health care provider as soon as possible.

# PLAN. PREPARE. PROTECT.

## Natural Disaster Resource Guide



### Extreme Heat Safety Tips

Heat-related deaths and illnesses are preventable.  
Here's how you can keep yourself and others safe.

#### FOLLOW THESE TIPS:

1. **Wear weather-appropriate clothing.** Choose lightweight, light-colored, and loose-fitting clothes.
2. **Stay cool indoors.** Head to a place with air conditioning to cool off for a few hours. Call your health department to find heat-relief shelters.
3. **Don't leave children or pets in cars.** Cars can heat up to dangerous temperatures. When leaving, check that everyone is out of the car.
4. **Schedule outdoor activities safely.** Pick the coolest times like evenings or early mornings. Be safe!
5. **Pace yourself.** If exercising or gardening, go at a slower speed.
6. **Take a shower.** Cold water can help lower your body temperature.
7. **Wear SPF 15 or higher sunscreen.** Sunscreen helps protect your skin and may cool you down.
8. **Drink water and eat lower-temperature meals.** Hot meals can raise body temperatures. Water prevents dehydration.

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**Be ready at a moment's notice.**

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# PLAN. PREPARE. PROTECT.

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### Extreme Heat

## Safety Tips for Older Adults

Are you age 65 or older, or a caregiver for an older adult? Older adults are more likely to suffer from heat-related health problems, according to the Centers for Disease Control and Prevention.

Extreme heat is temperatures that are much hotter or humid than normal.

#### IN CASE OF EXTREME HEAT, FOLLOW THESE TIPS:

- **Stay in air-conditioned areas.** If your home doesn't have air-conditioning, find an air-conditioned space or contact your local health department.
- **Keep hydrated.** If your doctor limits your fluid intakes, ask them how much water to drink during hot weather.
- **Don't use your stove or oven to cook** – instead, eat cold foods like sandwiches that don't require heating.
- **Take cool showers or baths to cool down.**
- **Avoid strenuous activities.**
- **Get plenty of rest.**
- **Ask for a neighbor or friend to check in.**

#### THE MHS NURSE ADVICE LINE IS AVAILABLE 24/7.

##### CONTACT THEM TO:

- Locate urgent or emergency care
- Find a doctor or schedule an appointment
- Get health advice anywhere

To learn more, visit: [www.tricare.mil/NAL](http://www.tricare.mil/NAL)

**FOR EMERGENCIES, CALL 911 OR GO IMMEDIATELY TO AN ER.**

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### Extreme Heat

## **Safety Tips** Checking In with Older Adults

If you have an older adult (age 65 and older) in your family, neighborhood, or community, check in with them during extreme heat, when temperatures are more hot or humid than normal. Older adults are more likely to experience heat-related health problems.

#### ASK YOURSELF THESE QUESTIONS:

- ✓ Are they drinking enough water?
- ✓ Do they have access to air conditioning?
- ✓ Do they know how to keep cool?
- ✓ Do they show any signs of heat-related illness?

#### WHY ARE OLDER ADULTS AT INCREASED RISK?

- Their bodies don't adjust as well as younger people to sudden temperature changes
- They are more likely to have a chronic medical condition
- They may take prescription medicines that affect their body's ability to control temperature

**Remember!** Heat-related deaths and illnesses are preventable.

**During an emergency, dial 911 or go to the nearest ER.**

To learn more extreme heat safety tips, visit: <https://www.cdc.gov/disasters/extremeheat>



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