



Harnett County Caregiver Support Group Newsletter

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Wellness Tips: Keep Your Cool in Hot Weather

Getting **too hot** can make you sick. Even short periods of high temperatures can cause serious health problems. In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

Heat-related deaths and illness are preventable, yet many people die from extreme heat each year.

Everyone should take these steps to prevent heat-related illnesses, injuries, and deaths during hot weather: To protect your health when temperatures are extremely high, remember:

- **Stay in an air-conditioned** indoor location as much as possible.
- **Drink plenty of fluids even if you don't feel thirsty.** Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- **Schedule** outdoor activities carefully.
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply

it according to the package directions.

- **Wear loose, lightweight, light-colored clothing.**
- **Avoid Hot and Heavy Meals.**
- **Check the local news** for health and safety updates.

Take measures to **Stay cool, Stay hydrated, and Stay informed.** Heat-related death or illnesses are preventable if you follow a few simple steps.



Wellness Wednesday tip provided by the Harnett County Department of Public Health

August Meeting

Our next meeting is scheduled for **Thursday, August 17, 2017 at 11:00 a.m.** Our speakers will be **Stephanie Bias, NCSMP Program Coordinator** she will talk about Medicare Fraud & Abuse. **Lisa Honeycutt, RN with Home Care and Hospice Liaison** will be our second speaker and she will provide information on homecare & hospice. Lunch will be provided. **RSVP to Latorius Adams at 910-814-6075.** Hope to see you there!!

Harnett County Happenings

- **Lillington Community Blood Drive** sponsored by Harnett County Public Health & Harnett County RSVP is scheduled for Thursday, September 14, 2017. **Donate blood in honor of 9/11**...Please contact LeAnn Blackmon at 910-814-6071 for more information or to schedule your appointment.
- **Benefits of the Caregiver Program**...Remember one of the benefits of our Family Caregiver Support Program is we offer Respite and Supplemental supplies at no charge to you if you qualify for these services. Please talk to Latorius about this great resource.