

HEAT RELATED ILLNESS CAN BE PREVENTED

A message from St. Luke's Community Emergency Center®

Serious heat-related illnesses are preventable. Some general recommendations:

- **Drink plenty of fluids even when not thirsty**
- **Decrease or reschedule strenuous activity for cooler time of the day**
- **Wear clothing that is light colored and loose fitting**
- **Increase carbohydrate intake, *foods like pasta and bread***
- **Decrease protein, intake, *foods such as meat and cheese***
- **Avoid alcoholic beverages (such beverages may promote dehydration)**
- **Do not use salt tablets**
- **Avoid direct exposure to the sun, take advantage of shaded, covered areas**
- **Children should never be left unattended in an automobile, especially during hot weather**
- **Animals, family pets should never be left unattended in an automobile, especially during hot weather**

St. Luke's Community Emergency Centers are owned and operated by St. Luke's Episcopal Health System hospitals.
St. Luke's Episcopal Hospital and St. Luke's The Woodlands Hospital.

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