

Dehydration

Dehydration occurs when a person's body loses more fluids (like sweat or urine) than he or she consumes. Dehydration is most common during the summer, when the hot weather causes people to sweat more often and not enough water is consumed.

Symptoms of Dehydration

It is important to recognize the signs of dehydration, because without treatment, it can lead to a life-threatening heat stroke.

- Frequent thirst
- Dry lips and tongue
- Muscle cramping
- Bright-colored or dark urine

Preventing Dehydration

By keeping your body rested and full of fluids, you can help prevent dehydration.

- Drink plenty of water, even if you are not thirsty.
- Avoid caffeinated, carbonated, and alcoholic beverages, which can dehydrate the body.
- Wear light-colored, absorbent, loose-fitting clothing and a hat.
- Stay in the shade when possible.
- Avoid strenuous outdoor activity, especially in the middle of the day.

Treating dehydration

If you think you are dehydrated, drink plenty of water and sports drinks and rest as much as you can. If your symptoms continue, see your primary care physician.



Sun Safety

Sunburn

According to the American Cancer Society, half of all new cancers are skin cancer. This means that protection from the sun is more important than ever this summer, especially if you and your family spend more time outdoors. Keep these simple preventative steps in mind, and make sure your family stays protected this summer.

Preventing Sunburn

- Avoid prolonged periods of time in the sun, especially between 10 a.m. and 3 p.m. when the sun is the strongest.
- Apply waterproof sunscreen of at least 15 SPF often throughout the day. You should reapply sunscreen after swimming, toweling off or exercising.
- Keep babies out of the sun.
- Wear sunglasses with UVA and UVB protection.
- Wear a hat, long-sleeved shirts and pants when possible.

Treating Sunburn

- If you've developed sunburn, go to a shaded area, cool the burned area with water or a cold pack.
- Call 911 immediately if you become severely burned or if you are suffering from shock.

Emergency: 9-1-1

Lake Chelan Hospital: 509-682-3300

Lake Chelan Clinic: 509-682-2511

Poison Control: 800-222-1222

Pharmacy:

Lake Chelan Pharmacy: 509-682-2751

Safeway: 509-682-4087

Walmart: 509-682-4291

Chelan County PUD: 509-682-2581

Hot Summer Days

Safety Tips



Stop In and See Us

**Chelan Fire and Rescue,
Station 71**

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Chelan, WA 98816**

(509) 682-4476

Chelan7.com or

Facebook: Chelan Fire and Rescue

