



# Philadelphia Coordinated Health Care ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

## Ways To Have A Safe Summer

### Drink Plenty Of Water

Water is the best choice  
for your body.

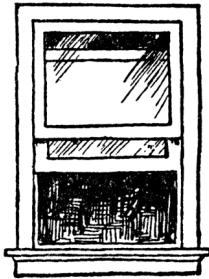


Take water with you on  
summer adventures.

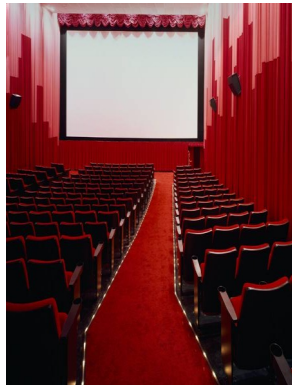




# Hints on how to stay cool this summer



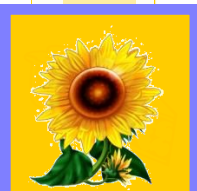
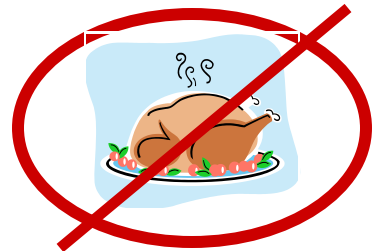
Use fans and open windows to help stay cool if you don't have air conditioning.



Go to a movie or to a mall to help you cool off in the Summer.



Drink plenty of water, avoid caffeine, alcohol, hot foods and heavy meals.





Wear a hat when you are out in the sun.

# How to Dress in the Summer

Wear lightweight clothes made of cotton or linen.



Protect your eyes, wear sunglasses when you are out in bright sunshine.



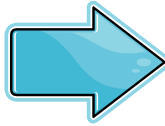
It is important that you wear sunscreen when you go out in the sun, but ask your doctor first.





How do you know when you are too hot?

You may feel or have:



If you feel sick, tell someone.

- Dizzy**
- Very Thirsty**
- Upset Stomach**
- Hard to Breath**
- A Headache**

**In the Summer, never sit in a parked car with the windows closed.**

**Never leave anyone alone in a parked car in the Summer.**



**Southeast Regional Health Care Quality Unit**

123 S. Broad St., 22<sup>nd</sup> Floor  
Philadelphia, PA 19109  
(215) 546-0300



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