

# OZIEL GRAND CHAPTER

# NEWSLETTER



Issue 012

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Summer break is a time to relax, recharge, and explore new experiences. Whether it's traveling to new places, spending time with family and friends, or simply enjoying the warm weather, summer offers a welcome change of pace from the busy school year. It's also a great opportunity to try something new like picking up a hobby, reading a good book, or volunteering in the community. As we take this time to unwind, we look forward to returning refreshed, inspired, and ready for the opportunities ahead. Enjoy Summer treats, BBQ's, and vacations or just keep a healthy rhythm. I look forward to providing new and informative newsletters in September.

**EXERTIONAL HEAT ILLNESS**  
*Warning signs & symptoms*

**STAGE 1: EXERCISE ASSOCIATED MUSCLE CRAMP**

- Cramping
- Pain
- Dehydration
- Thirst
- Sweaty Skin
- Fatigue

**STAGE 2: DEHYDRATION & HEAT SYNOCOPE**

- Fainting
- Dizziness
- Tunnel Vision
- Pale
- Sweaty Skin
- Dropping Pulse Rate

**STAGE 3: HEAT EXHAUSTION & CENTRAL FATIGUE**

- Dehydration
- Excessive Fatigue
- Weakness
- Fainting
- Dizziness
- Low Blood Pressure
- Headache
- Sweaty Skin
- Lightheadedness
- Vomiting
- Nausea
- Low Coordination

**STAGE 4: EXERTIONAL HEAT STROKE**

- Dehydration
- Hot & Sweaty Skin
- Low Blood Pressure
- Hyperventilation
- Bizarre Behavior
- Hallucination
- Altered Mental Status
- Confusion
- Disorientation
- Coma

**WHEN IN DOUBT, CALL 911**

Hot weather increases fluid loss, so aim to drink water consistently even before you feel thirsty. Add variety with:  
Coconut water (natural electrolytes)  
Infused water (lemon, cucumber, mint)

### **Eat Light, Fresh, and Seasonal**

Higher rates of high blood pressure and Type 2 Diabetes make summer a great time to reset. Focus on foods that are easy to digest and hydrating:

Fruits: berries, peaches, watermelon, cucumbers

Veggies: leafy greens, zucchini, tomatoes

Lean proteins: grilled chicken, fish, legumes

### **Move Smart, Not Hard**

Exercise is important, but timing matters:

Go early morning or evening to avoid peak heat

Try outdoor activities: swimming, hiking, biking

Mix in lower intensity workouts like yoga or walking

Listen to your body overheating can sneak up quickly.

### **Protect Your Skin**

Melanin offers protection, but it can also reduce vitamin D absorption. Darker skin can still be affected by sun damage and skin cancer (often detected later). Sun exposure can be

beneficial in moderation, protection is key:

Use broad spectrum SPF 30+ daily

Reapply every 2 hours when outside

Wear hats and sunglasses

Include vitamin D rich foods or supplements if needed

Watch for new or changing spots

### **Stay Safe Outdoors**

Use insect repellent to prevent bites

Be aware of ticks in grassy areas

Practice water safety if swimming

### **We'd Love to Hear from You!**

Any member of Oziel Grand Chapter is welcome to contribute tips, personal experiences, advice, or other topics for inclusion in the monthly newsletter. Submissions will remain anonymous if desired. Please send your submissions to **Sister Erika Bennett at [healthfirst@ogcoespha.org](mailto:healthfirst@ogcoespha.org)**.