



# Dealing with Summer UV, Heat and Humidity

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Rev. 2020-07-21 Lupus Ontario Support and Education Committee



## Things to Prepare

- Get out your sunscreen, as natural as possible, high UVA and UVB rated, example 110, 60, etc. include UV rated lip balm. Consider any contact allergies you have when deciding on which product to buy. Ask your naturopath or pharmacist for suggestions.
- Your UV protective clothing, shirts, shorts, long pants, hats, gloves, swimwear, etc. with a UVA/UVB rating of 30 or more.
- Sunglasses, wrap around, polarized.

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## Things to Prepare



- **Fans:**
  - check electrical cords, clean blades.
- **Air Conditioner or Dehumidifier:**
  - check electrical cords and controls/thermostats,
  - clean filters and reservoirs or drain lines,
  - use only heavy duty appliance extension cords.
- **Evaporative Cooling**
  - Water spray bottle. Ice packs. Hot water bottle for cold water. Wet cloth or towel.

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## Things to Prepare

- **Automobile Sun Protection:**
  - 100% UVA/UVB sun protection window film. Available Clear and tinted.
  - Darker tints require a doctor's prescription to be kept in the vehicle at all times. The glove box is a good spot. It will be required if stopped by police due to the dark tint or at a border crossing.
  - At least one bottle of water.
  - Inside windshield screen to keep out heat when parked, usually cardboard, bubble foil or fabric.
- **Auto Air Conditioner:**
  - Change cabin air filter, clean the accessible part of vents.
  - Remove leaves and debris from outside air intake vents.

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## Hydration or Water Intake



- **Clean, safe water.** Room temperature is the most hydrating.
  - Aim for 2 litres or 2 quarts of water daily. More if you exercise.
  - Add fresh lemon or lime juice.
  - For every cup of coffee or black tea which are dehydrating, you need to drink an equal amount of plain water.
- **High water content fruits and vegetables:**
  - Apricots, blueberries oranges, peaches, pineapple, plums and raspberries have over 80% water.
  - Cantaloupe and watermelon have over 90% water. Pears 92%, cucumber 96%, tomato 94%, romaine lettuce and celery 95%, broccoli 89%, carrots 87%, spinach 92%, sweet peppers 92%, green cabbage 93%, watercress 90%, zucchini, strawberries, grapefruit and radishes are also good.

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## Know the Signs of Heat Stroke and Heat Exhaustion



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## Avoiding Heat Stroke and Heat Exhaustion

- Stay out of direct sun during the hottest hours of the day, especially from 9 am to 5 pm, longer if you are very sensitive.
- Keep cool by misting yourself or wrapping part of you in damp towels, or damp towels wrapped around ice packs.
- Wear sunscreen, hats, and wear eye protection during daylight hours, even when it is cloudy. UV can still be very high.

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## Avoiding Heat Stroke and Heat Exhaustion

- Stay hydrated.
- Keep cool by staying in deep shade, stay indoors, or by going to air conditioned spaces or buildings.
- Put your feet in a pail or bowl of water. Sit in a kiddy pool on your balcony or in your yard.
- Keep your eyes hydrated with natural artificial tears.

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## Avoiding Heat Stroke and Heat Exhaustion

- Keep your skin hydrated with natural lotions.
- Ask for help if you need it.
- Call 911 if needed.
- Get medical attention if you are feeling ill.
- Pay attention to nausea, headaches, dry mouth, inability to sweat, etc.

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## Summary



- Be prepared!
- Summer can be fun and not just a trial. Pace yourself to avoid or reduce flare ups of symptoms.
- Try summer sports if you are able, canoe, kayak, badminton, tennis, indoor golf, tubing, walking, swimming, yoga, tai chi, etc.
- You have choices.
- Have a safe and enjoyable summer.

Rev. 2020-07-21