



HENDERSON
LIBRARIES



IN THE
Summer
TIME

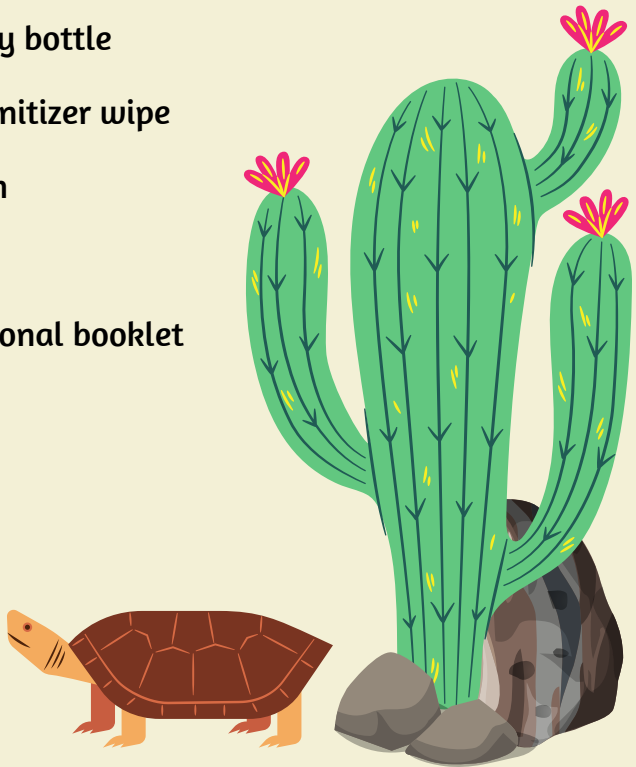
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Summer is Here!

Summer has arrived in Southern Nevada and with extreme temperatures, it is always good to be prepared for the desert summer heat.

This kit contains:

- 1 hand fan
- 1 oz. spray bottle
- 1 hand sanitizer wipe
- Sunscreen
- 1 tea bag
- Informational booklet



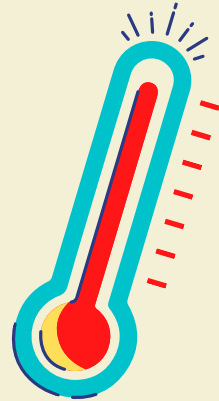
Information

It's that time of year when high temperatures can lead to high-risk heat-related illnesses.



Some heat-related illnesses are:

- Heat rash
- Sunburn
- Heat cramps
- Heat exhaustion
- Heat stroke



During this warm season, it is always important to recognize some of the signs and symptoms that heat-related illnesses cause even during short periods of high temperatures.

The Southern Nevada Health District (SNHD) and the Center for Disease Control and Prevention (CDC) provide extensive information and safety tips for the public.

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Information

To learn more about recognizing the symptoms and how to treat heat-related illnesses, please visit the SNHD and CDC websites.

SNHD



CDC

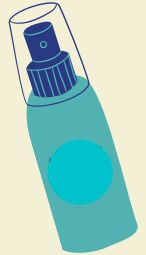


Cooling Tips!

Having your body stay cool is a great way to prevent heat-related illnesses. Use some of these tips for a safe and fun summer!



- Drink plenty of fluids such as water and beverages with electrolytes
- Make sure to apply plenty of sunscreen (look for "broad spectrum" or "UVA/UVB protection")
- Plan and limit outdoor activities and if possible, schedule these activities for early morning or evening hours
- Use a light cooling spray to refresh your dry hot skin
- Dress in light, loose fitting clothes, if possible of light cotton fabric
- Try to avoid hot and heavy meals -these meals tend to heat the body
- Wear sunglasses and hats when doing any outdoor activity



Cooling Tips!

SNHD

Southern Nevada Health District



CDC

Center for Disease Control
and Prevention

RTC

Regional Transportation Commission
of Southern Nevada



NWS

National Weather Service





Cooler Spray

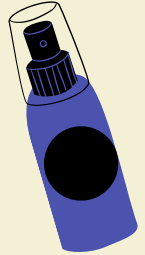
Black Tea and Essential Oil Mist

by Beautylish.com



Ingredients:

- 1 black tea bag
- 2 tbsp. pure aloe vera gel
- 15 drops of lavender essential oil (not provided in kit)
- Optional: 3 drops of chamomile and/or peppermint essential oil



Instructions:

- Boil the tea in 2 ounces of water
- Let tea cool
- Add and mix the aloe vera and any essential oils
- Pour mixture and into a spray bottle
- Spritz cooler spray on skin as needed

For more cooler spray recipes

