

WHAT THE HEALTH!?

5 TIPS FOR A SAFE SUMMER WORKOUT

Pick the Right Time

Exercise in the morning or evening when temperatures are usually cooler

Wear the Right Clothing

Wear loose breathable clothing that prevents chafing and helps keep your body cool

Avoid Extreme Temperature Change

Don't go right from the heat to a cold room and take time to properly cool down

Slow Down

Extreme heat is not the time to go for your personal best so don't push yourself

Water, Water, Water

Staying properly hydrated is critical to avoiding injury or heat related illness



 Don't forget to check yourself, kids, and pets for ticks after being outside this summer!



Pet Safety



Never leave your pets in a parked car!



weather.gov/heat

Safety Tips For Your Pets



Watch the humidity



Limit exercise on hot days



Provide ample shade and water



Don't rely on a fan



Watch out for hot pavement



Public Health
Prevent. Promote. Protect.
Tioga County

Rabies Vaccination Clinic: July 26th from 6-8pm at the Spencer Fire Station

July 2018