LET Freedom RING

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TOP 5 SENIOR SUMMER SAFETY TIPS

Summer tends to bring with it a sense of excitement and a desire to get outside and be active. Although that sounds wonderful, seniors, who have a higher sensitivity to heat, require a little more caution when it comes to making plans in the sun.

1. Stay Hydrated
The standard suggestion is to aim to drink 6-8 cups of water a day. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration.

2. Don't Stay Outdoors for Too Long
Plans for outdoor activities should be kept reasonably short, especially on hot, humid days. Don't plan to spend the whole day out in the sun – plan for a few hours during the morning or evening hours, but do not forget to head inside often for a break.

3. Know the Day's Forecast
Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly.

4. **Keep Sunscreen Handy and Reapply Often**
Always carry sunscreen with you, either in the car or anywhere else you can think of where you're likely to have it when you need it. If working outdoors, place the sunscreen next to your water. Each time you refill your glass, reapply sunscreen, too!

5. **Check Your Prescriptions Side Effects**
Some medications make people more sensitive to the sun. You may need to make the extra effort to follow the suggestions on this list to avoid problems.

Freedom at Home keeps you safe in your home. Call to learn how we can help.

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