With the arrival of summer comes more daylight and hot, humid weather. Regardless of whether you prefer to stay cool in air conditioning or to be outside to soak up some vitamin D and sunlight, it’s important to know how to navigate the heat safely. Read on for some basic information, and remember to keep cool and stay hydrated!

First, becoming too hot can make anyone sick. When the humidity is high, sweat won’t evaporate as quickly. This may prevent your body from releasing heat as fast as it needs to. The following are a few factors that can cause higher risk for a person to have heat related illness.

• Over age 65 or under age 2
• Heart disease, diabetes or poor circulation
• Being overweight or obese
• Prescription drugs that make you more sensitive to heat

Signs of heat related illness include:
• Weakness and dizziness
• Headache
• Muscle cramps
• Nausea or vomiting
• Excessive sweating
• Hot, red skin
• Fainting

People at highest risk for heat related illness can take steps to be safe. Staying in air conditioning is the #1 way to prevent heat related illness, according to the Centers for Disease Control and Prevention. When it’s hot, it’s important to drink more water than normal to keep from becoming dehydrated. Even younger, healthy people can get sick in the heat, so if you need to be outside, try to limit the time to earlier or later in the day, when it’s cooler. Be sure to pace your activity and wear light, loose fitting clothing. Apply sunscreen, and don’t wait until you are thirsty to drink water. Ideally, have someone near you, so you can help monitor each other’s responses to the heat.

When the weather is hot, keep a cool mind. When the weather is cold, keep a warm heart.

-Ajahn Brahm, Buddhist monk

Johns Hopkins Employee Highlight

Melissa Rosenblum, Nursing Career Specialist
The Johns Hopkins Hospital

“My colleagues and I encourage one another to take breaks, to stand at least once an hour and to drink more water. We make a game out of it and enjoy reminding one another to do it! I also do my best to take a lunch break, and I am trying to go to the gym more and take time out for me. And I always try to show my gratitude by telling at least one person a day why I am grateful for them.”

Share your story. Click here to submit.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. Click here to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).

Click here for more resources from the Office of Well-being.

Join the Greater Maryland Heart Walk to help fight heart disease and stroke. You can support Johns Hopkins Medicine’s commitment to the Heart Walk, Oct. 8, 2022. Become a walker by joining a team to help raise lifesaving funds. Register and learn more.

Follow us on Instagram @HealthyatHopkins and Twitter @HealthyHopkins for well-being tips and to share how you are staying #HealthyatHopkins.

Ask the Expert

Every Thursday, noon–12:30 p.m.
Join a 30-minute Ask the Expert session with Princess Filippi, occupational therapist, for answers to your questions about arthritis.

Join from the meeting link: lcah.webex.com/lcah/j.php?MTID=m2b526d16989d76e77fe7a983ddd8d079.

Johns Hopkins Employee Highlight

Melissa Rosenblum, Nursing Career Specialist
The Johns Hopkins Hospital

“My colleagues and I encourage one another to take breaks, to stand at least once an hour and to drink more water. We make a game out of it and enjoy reminding one another to do it! I also do my best to take a lunch break, and I am trying to go to the gym more and take time out for me. And I always try to show my gratitude by telling at least one person a day why I am grateful for them.”

Share your story. Click here to submit.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. Click here to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).

Click here for more resources from the Office of Well-being.

Join the Greater Maryland Heart Walk to help fight heart disease and stroke. You can support Johns Hopkins Medicine’s commitment to the Heart Walk, Oct. 8, 2022. Become a walker by joining a team to help raise lifesaving funds. Register and learn more.

Follow us on Instagram @HealthyatHopkins and Twitter @HealthyHopkins for well-being tips and to share how you are staying #HealthyatHopkins.