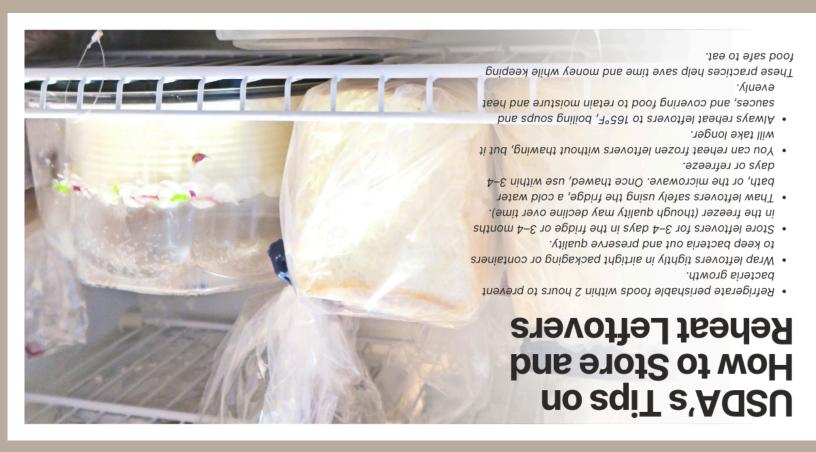


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### ADULT

# **EALTH BULLETIN**

Cooperative Extension Service

One of the best things

you can do is drink



**AUGUST 2025** 

of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: content/health-bulletins http://fcs-hes.ca.uky.edu/

606-724-5796

Mt. Olivet, KY Robertson County 39 East Walnut Street

## THIS MONTH'S TOPIC

# PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



of the earth is closest to the sun because of the we know it's just the time of year when our part came from this star shining so brightly. Today, earth's tilt. During the dog days of summer, it's sky with the sun. People believed that the heat star Sirius, also called the Dog Star, rose in the times. People noticed that this period of very and early August. The term comes from ancient risks of extreme heat, including heatstroke. especially important to be aware of the health hot weather happened around the time the most humid days of the year, usually in July he "dog days of summer" are the hottest and

down. It usually happens after spending too when your body gets too hot and cannot cool Heatstroke is a serious illness that happens

Continued on the next page



# MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development



even if you don't feel thirsty. Wear light-colored, to protect yourself clothes and a hat plenty of water, from the sun. loose-fitting

# Continued from the previous page

can be life-threatening if not treated in time. calling for medical help right away. Heatstroke using cool water to lower their temperature, and quickly by moving the person to a cooler place, or even fainting. It is important to treat heatstroke or dry skin, fast heartbeat, confusion, headache, the brain and other organs. Common signs of can be very dangerous because it can damage to 104 degrees F (40 degrees C) or higher. This has heatstroke, their body temperature can rise activity in very hot weather. When someone much time in the sun or doing hard physical heatstroke include a high body temperature, red

one side of the body, or confusion. It is a brainproblems like trouble speaking, weakness on can damage parts of the brain. That can cause blocked or a blood vessel in the brain bursts. This stroke happens when blood flow to the brain is different medical problems, even though they both body and can damage organs, including the brain. related emergency. On the other hand, heatstroke have the word "stroke" in their names. A regular happens in the body. Heatstroke affects the whole A regular stroke and a heatstroke are two very

> things and affect the body in various ways. help right away. But they are caused by different

of water, even if you don't feel thirsty. Wear lightparts of the day, usually between 10 a.m. and 4 p.m. colored, loose-fitting clothes and a hat to protect hot. One of the best things you can do is drink plenty and hydrated, especially when the weather is very indoors with air conditioning during the hottest yourself from the sun. Try to stay in the shade or To avoid heatstroke, it's important to stay cool

in a parked car on a hot day, as the heat in enclosed from heatstroke and stay safe in hot weather. following these steps, you can help protect yourself areas can increase quickly to dangerous levels. By take lots of breaks and rest in a cool place. Never sit If you have to be outside or do physical activity,

#### REFERENCE:

https://www.cdc.gov/heat-health/about

Extension Specialist for Family Health Edited by: Alyssa Simms Written by: Katherine Jury,

Designed by: Rusty Manseau

Stock images: Adobe Stock







## Cooperative Extension Service CRAFTS & CRUMBS August 26

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796 Limited to 12 Spots



\$13.00- Community Members \$10.00- Homemakers

Includes all material and instructions.

Registration by August 15





#### Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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### COOKING **THROUGH** THE CALENDAR **AUGUST 14** 11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.





ROBERTSON COUNTY 4-H MEMBERS EXPLORE

THE ART OF PHOTOGRAPHY IN DOVER, KY

A group of enthusiastic 4-H members from Robertson County recently took a unique educational trip to Dover, Kentucky, where they visited Pap's Photography Studio, owned and operated by self-taught photographer Scott Arthur.

The trip, organized for 4-H youth interested in photography, gave members hands-on experience in both portrait and action photography. Arthur, known for his creative style and welcoming spirit, opened his studio to the group and guided them through the process of capturing professional-quality images.

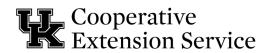
During the visit, students had the opportunity to experiment with lighting, composition, and movement using Arthur's high-end equipment and studio setup. From adjusting camera settings to posing subjects, the 4-H participants gained valuable insight into the artistic and technical aspects of photography.

"Scott made it fun and easy to understand," said one 4-H member. "I learned how to capture action shots without them being blurry!"

This experience is part of Robertson County 4-H's ongoing effort to connect youth with real-world opportunities in creative fields, encouraging hands-on learning outside the classroom.



### NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

#### INSIDE THIS ISSUE

Robertson County Cooperative Extension 39 E Walnut Street P.O. Box 283 Mt. Olivet, KY 41064

#### IMPORTANT DATES

4-H Rally Day

Germantown Fair

Cooking Through the Calendar

Homemaker Meeting

God's Pantry

Back to School Bash

LRA Leader Lesson

Crafts & Crumbs

Aug 1

Aug 3-9

Aug 14

Aug 18

Aug 21

Aug 21

Aug 26

Aug 26





#### THIS MONTH'S TOPIC PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

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#### Cooperative Extension Service

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



