



Stay Cool in Extreme Heat

Rising temperatures and extreme heat can result in many illnesses and deaths each year. The CDC reports that more than 700 people die from extreme heat every year in the U.S. We can suffer from heat-related illness when our bodies are unable to properly cool themselves. Older adults, young children and people with chronic medical conditions are at increased risk for heat-related illness and death.

How hot is dangerously hot? In the 90°F to 105°F range, people can experience heat cramps and exhaustion, depending on general health and length of exposure. Between 105°F and 130°F, heat exhaustion becomes more likely. At these ranges, consider limiting physical activities.

Warmer temperatures can produce higher ozone levels. If you have asthma, bronchitis or emphysema, ozone exposure can increase your symptoms. Check the U.S. Environmental Protection Agency's Air Quality Index when planning outdoor activities, especially if you have lung disease.

Beyond what a thermometer shows, humidity increases the feeling of heat; a combination of the two can become hazardous.

How Long Can Food Stay Fresh?

By Cara Rosenbloom, RD

Warm, sunshine-filled days are perfect for summer picnics, but hot temperatures are the enemy of many of the foods in your picnic basket. To enjoy your summer food adventures, make sure to keep your cold foods cold.

Foods that contain protein — think meat, fish, eggs, cheese, cooked grains and anything made with mayonnaise — have a small safety window when removed from refrigeration:

- Don't keep perishable foods out of the refrigerator for more than two hours.
- If the temperature outside is more than 90°F, food should not be left unrefrigerated for more than one hour.

After that time frame, bacteria multiply quickly, and the food can spoil. In fact, rates of food poisoning from bacteria, such as *E. coli* and *Salmonella*, increase in the summer because bacteria grow fastest in warm temperatures. Not sure how long something has been sitting out? Always remember the motto: "When in doubt, throw it out." Food waste is always unfortunate, but food poisoning is not worth the risk.

Avoid food waste by keeping foods safe for longer.

Use insulated coolers and ice packs that can ensure a steady temperature below 40°F.

Whole fruits and vegetables, such as an apple or tomato, don't grow bacteria very rapidly and will not require refrigeration. However, once you've cut or diced the vegetables or fruit, the clock starts ticking. FDA recommendation: Refrigerate cut, peeled or cooked fruit and vegetables in a sealed container, and don't leave them at room temperature for more than two hours.

Bread, crackers, cookies and other shelf-stable snacks are not a concern for rapid bacterial growth and can remain at room temperature.

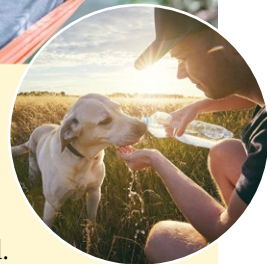
Signs of heat-related illness:

- Heavy sweating.
- Cold, pale, clammy skin.
- Fast, weak pulse.
- Nausea.
- Vomiting and muscle cramps.
- Weakness.
- Dizziness.
- Headache.

Call 911 for help and confirmation of the illness.

Cool down basics:

- Take cool showers or baths.
- Drink plenty of water to stay hydrated.
- When outside, find shade; wear a hat wide enough to protect your face or use an umbrella.
- Never leave people or pets in a closed car on a warm day.
- Make sure your home and car air conditioners are in working order (if you have them).
- If you don't have an air conditioner, check to see if your city or county offers cooling centers (or cooling shelters). These may include libraries, community centers, spray parks, pools and other public facilities, as well as businesses and places of worship.



Learn more at [ready.gov/heat](https://www.ready.gov/heat).

Helping Someone with Dyslexia

By Eric Endlich, PhD

Individuals with dyslexia have difficulty with word recognition, typically impacting reading comprehension and spelling. While these challenges can lead to discouragement or low self-esteem, dyslexia's effects largely depend on the type of support people receive. The neurodiversity model views dyslexia not as a deficit, but as a difference that can provide uniquely valuable perspectives.

If you know someone with dyslexia, here are some ways to help:

- Encourage and let them know they can succeed despite their challenges.
- Celebrate milestones of progress. Cheer them on every step of the way.
- Help them discover their strengths. Expose them to a variety of learning opportunities.
- Break tasks down into smaller chunks to make them more manageable and less overwhelming.
- Provide technology tools. Assistive technology, such as audiobooks or text-to-speech software, can make a big difference.
- Create a comfortable environment. Reassure that you won't judge or ridicule them.
- Offer visual aids. Diagrams, pictures and videos can help those who struggle with reading.
- Listen. Allow them to vent their frustration or other feelings, and tell them you understand.
- Educate yourself. Know that challenges in school related to dyslexia are not an indicator of laziness or lack of intelligence.
- Help them help others. Those who find a sense of purpose and usefulness tend to feel more confident and fulfilled.

With patience, understanding and flexibility, you can help those with dyslexia learn and thrive.



Q: When to see a dermatologist?

A: A dermatologist is a physician who specializes in diagnosing and treating skin, hair and nail conditions. Some familiar conditions they treat are acne, dermatitis, eczema, brittle nails, psoriasis, skin infections and skin cancer. They may prescribe medication or perform minor surgery, such as a skin biopsy or mole removal. Common reasons to visit a dermatologist include:

Rashes: Dry skin, allergies, irritants, poison ivy and medication reactions are frequent culprits. Seek care if it itches, worsens or won't go away.

Acne: Over-the-counter medications may keep it under control. Seek care if the meds aren't working, or any sign of scarring occurs.

Hair loss: Hair falling out? Seek care if you're concerned or it's getting worse.

Warts: Common warts and skin cancers may look alike. Seek care to confirm the diagnosis and if it's large or painful.

Skin changes: The appearance of moles, spots and patches may alter over time. Seek care if the area changes shape or is new, gets bigger, thicker or asymmetrical or the border or color becomes irregular or uneven. — Elizabeth Smoots, MD



Expand Your Mind with Citizen Science

You don't have to go back to school to be a scientist.

A growing number of people who are curious and want to explore scientific subjects that interest them — from space exploration to saving endangered animals — are becoming citizen scientists in their spare time.

You don't need expensive equipment or advanced degrees, and there's no age limit. In fact, volunteers worldwide, sometimes in their backyards, kitchens or in the great outdoors, are working with scientists to advance science. You typically only need a phone or laptop and follow project guidelines and share the information you collect.

SciStarter (scistarter.org) is an organization that helps citizen scientists find projects in conjunction with researchers. Projects can include almost any research you can think of — documenting endangered bees, reporting rainfall, measuring light pollution by stargazing and playing games that measure cognitive abilities in large groups — to name a few.

This is grassroots science, with data collection and reporting. NASA has enthusiastically embraced collaborations between the space agency's scientists and citizen scientists. Citizen volunteers have helped make thousands of scientific discoveries. In fact, more than 410 NASA citizen scientists have been cited as co-authors on peer-reviewed scientific discoveries.

Ready to become a citizen scientist? Here are some places to find projects:

- Collaborate with **NASA** on projects listed at science.nasa.gov/citizenscience.
- **iNaturalist**, a joint initiative of the California Academy of Sciences and the National Geographic Society, offers projects and information on how to collect data at [inaturalist.org](https://www.inaturalist.org).
- For health and medicine citizen research, visit the National Library of Medicine **All of Us Research Program** at allofus.nlm.nih.gov/citizen-science-health.



The **Smart Moves Toolkit**, including this issue's printable download, **At Risk: Heat-Related Illness**, is at personalbest.com/extras/23V7tools.

7.2023