Tami’s Tips for Preventing Heat Related Illness

- Drink more nonalcoholic liquids-do not wait until you are thirsty to drink. WARNING-If your doctor generally limits the amount of fluid you drink or has you taking water pills; ask your doctor how much you should drink while the weather is hot.

- Don’t drink liquids that contain alcohol or large amounts of sugar-these actually cause you to lose more body fluid. Also, avoid very cold drinks because they can cause stomach cramps.

- Stay indoors and, if possible, stay in an air-conditioned area. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in the air-conditioning can help your body stay cooler when you go back into the heat.

- Wear light-weight, light-colored and loose-fitting clothing.

- NEVER leave anyone in a closed, parked vehicle.

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
- Infants and young children
- People aged 65 or older
- People who are mentally challenged
- People who are physically ill—especially with heart disease or high blood pressure

- Electric fans may provide comfort, but when the temperature is in the high 90’s fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned area is a much better way to cool off.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours
- Cut down on exercise, drink two to four glasses of cool non-alcoholic fluids each hour.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses and putting on sunscreen of SPF 15 or higher. The most effective products say “broad spectrum” or “UVA/UVB protection” on their labels.
- Avoid hot foods and heavy meals—they add heat to your body.
AUGUST'S PHYSICAL PLANT VALUE

ACCOUNTABILITY

Take ownership of each assignment and work diligently until all work is completed correctly. Assume responsibility for your assigned work areas. Collect, maintain and distribute timely, accurate information and be responsive to the overall needs of customers, co-workers and supervisors during the execution of work.

Hazard-Detecting Plants?

This may seem like science-fiction, but researchers from the University of Colorado are developing plants that can change color in the presence of dangerous biological and chemical agents such as anthrax. According to researchers, “plants have evolved elaborate mechanisms to sense and respond to their environment” and “by using advanced biotechnology methods,” they can “genetically engineer these mechanisms to produce plant sentinels that can provide an almost immediate warning of biological or chemical agents.”

The detection capability of these plants will be like trained dogs and intricate chemical signaling systems, but more accessible and cheaper forms of defense. They have already engineered plant systems that break down chlorophyll and prevent the plant from producing more, turning the plant from green to white. They are currently working on speeding up this process which now takes several hours to produce a visible change.

Although there is much more work to be done, the goal is to use plants in airports and other public buildings as well as incorporating this mechanism into trees and algae so that satellites could monitor harmful agents on a larger scale!

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