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## **Corporate Clinic Coming in from the Heat**

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The heat is on throughout the country!

Many of us have experienced one of the hotter summers in recent history. So much attention has been focused on the effects of the summer sun on your body that you may be missing the most common problem that occurs. That is: What happens when you come in from the heat?

Do yourself a favor and remember a few simple guidelines:

- Try to reduce the frequency of exposure to rapid, extreme temperature changes.
- When entering a cooler room from the heat of a summer day, remove the perspiration from any skin that is directly exposed to drafts or breezes.
- Remove wet shirts and blouses and replace with dry clothing whenever possible and practical.
- Avoid direct cool drafts and breezes on your head, neck, shoulders, and back when possible, especially if you have just come in from the heat.
- Avoid sleeping under direct cool drafts and breezes.
- Avoid direct, cold air conditioning breezes in automobiles.
- Give your body some time to adapt to a cooler environment before performing physical activities.