

# National Youth Conference 2022

“Beat the heat”

## Get HYDRATED NOW

Fluids are essential to keeping the vital organs active. “In the summer months you need more fluid intake,” says Dolly Doctor, MD, an internal medicine physician at Scripps Coastal Medical Center Encinitas.

Mayo Clinic recommends this minimum daily intake of water:

Women — 11.5 cups

Men — 15.5 cups

### Tips to reduce the chance of dehydration

Your best defense against dehydration is prevention. Staying cool and making simple changes in your fluid intake, activities and clothing during hot weather can help keep you safe and healthy.

Tents will be provided and water/ice stations

Hats highly recommended

Before and during the National Youth Conference, drink fluids especially water. Stay Cool!!! Don't wait until you're thirsty or get to NYC 2022, **HYDRATE** now!! Drink more fluids than usual when the weather is hot.

Flavor your water. If water tastes boring to you, you can add flavor to it with fresh fruits or a splash of fruit juice.

Eat water-rich fruits and vegetables. Certain fruits and vegetables contain plenty of water in addition to healthful nutrients.

If you get too hot, get help and go inside an air-conditioned room.

Minimize sun exposure, when possible.

Dress for the weather. Wear light, loose-fitting clothing that lets your skin breathe. Dark colors absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn, which can increase your skin temperature and make it harder to stay cool.

Be aware of the signs of dehydration. If you or any attendee is ill, get help immediately — especially young children and the elderly.

Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration.

Alert NYC 2022 Leadership immediately.

Let's help keep each other safe!!