ACTON SOCIAL SERVICES AND INFORMATION CENTRE

Keep your cool

Hot weather can place a dangerous strain on your body, especially your heart. Temperatures above 90 degrees can be very dangerous, especially when the humidity is also high.

Your chances of getting sick in hot weather are increased if you have a weak or damaged heart, suffer from Hypertension, problems with circulation, Diabetes, a previous, stroke or are overweight.

Many prescription drugs can make you much more vulnerable to the heat, check with your Doctor or Pharmacist for advice.

Heat stress can cause physical and mental changes. These changes are warning signs that your body is in danger. These signs include dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, mental changes, breathing problems, vomitting and cramps.

KEEPING YOUR COOL

- Spend your time in cooler surroundings indoors, in a cool room in your house, or an airconditioned shopping mall, public library or movie.

- Use fans to draw cool air into your home at night, and to provide circulation during the day.

- Cool baths and showers provide relief.

- Wear as little clothing as possible. Lightweight, loosefitting cotton is best. Protect your head and neck when outdoors.

- Your body needs more water in hot weather, drink it often. Avoid coffee, tea or alcohol.

- Avoid hot food and heavy meals, they add heat to your body.

877-0109 • 877-0109 • 877-0109

Simon Fraser CHARTERED ACCOUNTANT

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- Watch your salt use - Do not increase salt use or take salt tablet without your Doctor's permission.

- Slow down! Physical activity produces body heat. Take care!

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Georgetown



New Kinsmen executive

Kinsmen installed their new executive for the upcoming year. Pictured from left to right are Front Row Brian Shirtliffe Director, Bryan Whittaker-Treasurer, Bruce MacGregor Bulletin Editor and

Last Saturday at the Glen Williams Town Hall the Lou Ruttiman Membership, Back row are Randy Schaefer 1st Vice, Ron Lefebvre Past 'President, Jack Walinga President, Dave Yakimischak Director, Dean Miller 2nd Vice and Nick Nledorezow Director. (Photo Submitted)



JONIGHT MADNE In Georgetown June 27th, 28th & 29th



SALE HOURS

Thurs. June 27th 9:00 to 11:00 Fri. June 28th 9:00 to 11:00 Sat. June 29th 9:00 to 6:00

318 Guelph St. **GEORGETOWN** 873-6686



REGULAR STORE HOURS Monday to Friday 9:30-9:00; Saturday 9:30-6:00