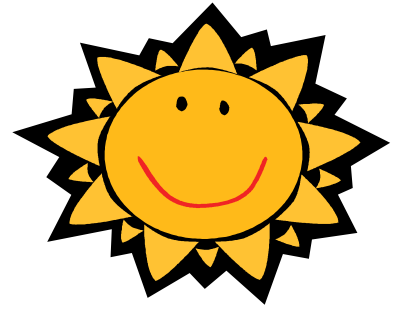


Sun and Heat

Exposure



Students returning from summer break can often times underestimate the time they have been in the sun? This can result in:

HEAT EXHAUSTION AND SUNBURNS

Heat Exhaustion can occur suddenly after exercise, or when your child has not been drinking enough water during the day.



Sunburns can occur even on CLOUDY DAYS

Use Sunscreen SPF 45 or greater for Protection



At the beginning of RECESS, stop at the fountain for a drink.

You may need to visit your doctor if: Fever occurs, your red skin has fluid filled blisters, and you have dizziness or difficulty seeing.



Call your local Doctor or in the
Siskiyou County Area calls:

Dorris- Mt Valleys Health Center 397-8411

Dunsmuir- Siskiyou medical Group 235-2205

Etna- Scott Valley rural Health 467-5393

Happy Camp- Happy Camp Health Services 493-5257

McCloud- McCloud Healthcare Clinic 964-2389

Mt. Shasta- Mt Shasta Medical Center 926-5105

Weed- Siskiyou Medical Group 938-3491

Yreka- Siskiyou Family Healthcare 842-9184

If your family does not have Health Insurance Please call:

Medi-Cal/Healthy Families

1-800-880-5305

“Healthy Children are better learners”