

BETTER CHOICES, BETTER HEALTH

Patient in **Action**: Meet Hoan Pham & Sang Nguyen

Hoan Pham and Sang Nguyen were introduced to the Healthier Living Program by their friends. They enjoyed learning about the different ways to manage chronic conditions such as diabetes, high blood pressure, and high cholesterol levels. They especially enjoyed learning about healthy lifestyle habits.

After completing the 6-week class, Hoan and Sang shared how fun and meaningful it was to learn and connect with others in the class. Through the support they gained from the workshop, they were able to better focus on and care for their health. At the end of the class, they shared that the class was fun and easy to understand since it was taught in Vietnamese, their primary language.

Hoan and Sang said, "The support that we had for each other in the class made for a wonderful class experience, one that was beneficial to the health of everyone."

For more information about the **Healthier Living Program**, please call **408-885-2486** and visit www.scvmc.org/AHED.



Beat The Heat: **Extreme Heat**

Heat related deaths are preventable

WHAT

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become unusually warm or hot.

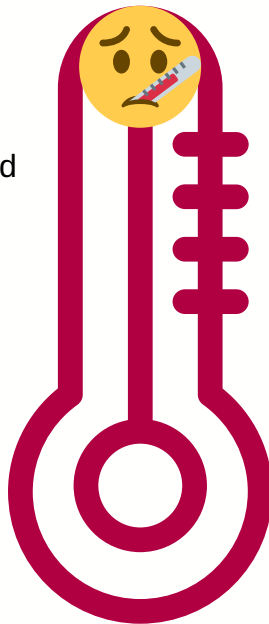
WHERE



Houses with little to no AC



Construction worksites



WHO



Children



Older adults



Outside workers

HOW TO AVOID



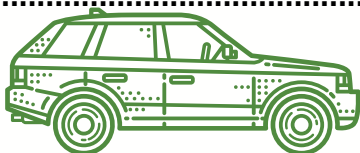
Stay hydrated with water



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes



DID YOU KNOW? During extreme heat, the temperature in your car could be deadly, so **never leave kids in car alone!**

Outside Temperature 80 degrees



Time Elapsed:
20 Minutes



Time Elapsed:
40 Minutes



Time Elapsed:
60 Minutes

Heat Exhaustion or Heat Stroke

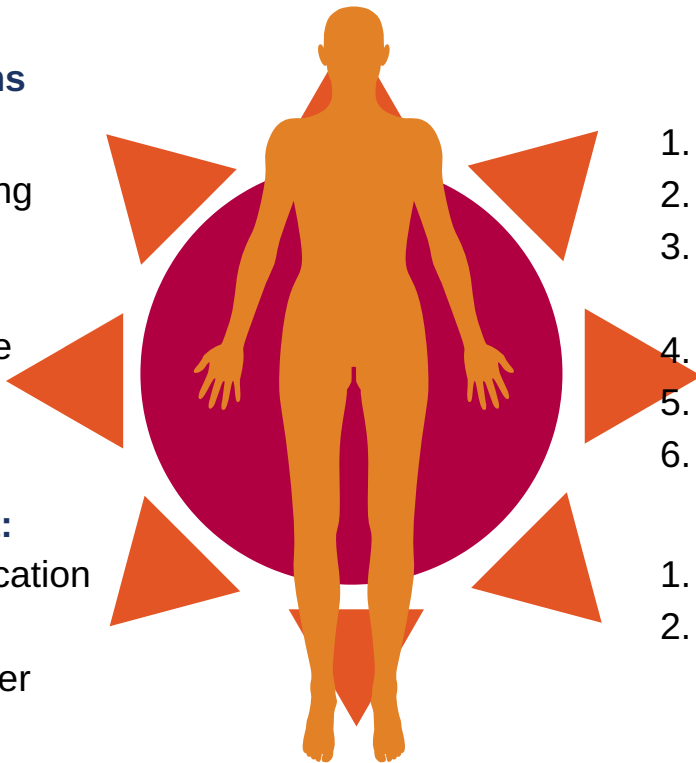
Heat Exhaustion

Signs & Symptoms

1. Feeling dizzy
2. Excessive sweating
3. Cool, pale skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

How to Treat It:

1. Move to cooler location
2. Drink water
3. Take a cool shower



Heat Stroke

Signs & Symptoms

1. Severe headache
2. No sweating
3. Body temp above 103° (red, hot, dry skin)
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

How to Treat It:

1. Get emergency help
2. Keep cool until treated

Drink Water for Health Care & Body Balance



For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga, and Healthier Living, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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