



City of Kimball High Points

July 2020



WAYS TO KEEP COOL WHEN ITS HOT



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The Following tips can help you keep cool:

- ◆ Alter your plan of exercise to take advantage of cooler times (early morning or late evening).
- ◆ Wear loose-fitting clothing; preferably of a light color and cotton seems to keep you cooler than synthetics.
- ◆ Keep plastic bottles of water in the freezer; grab one as you go out the door to have a cool water supply.
- ◆ Avoid caffeine and alcohol, as these promote dehydration.
- ◆ If you don't have air conditioning, arrange to spend at least part of the day in a public space such as a mall or library.
- ◆ Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
- ◆ Take frequent baths or showers with cool or tepid water
- ◆ Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or dairy products
- ◆ Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight. Pay special attention to the elderly, infants, and anyone with chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.

DOGGIE DIVE IN

AUGUST 9th

11:00 AM—1:00 PM

\$2.00 per pup

Bring your furry four legged friends to take a dip at the City of Kimball Swimming Pool. They can play fetch, paddle around in the shallow area, or leap off the diving board for their favorite toy.



General Housekeeping Rules

- ◆ Owners are responsible for dog messes & all dogs must have one handler
- ◆ In addition to the big pool, our baby pool will be available for small or nervous dogs. We require that all dogs be willing swimmers. Forcing a nervous or scared dog into the pool will NOT be tolerated.
- ◆ Dogs must be on a leash outside of the water.
- ◆ Handlers will not be allowed in the water unless the dog needs assistance.

- ◆ Don't forget that pets also need protection from dehydration and heat. If you see an animal in a car exhibiting signs of heat stress, call your local police department immediately.



Jan Sears, our Library Director has retired after 9 years with us. Best of luck, Jan and enjoy your retirement!

All Participating Pups must be friendly, social, well mannered, and have UPDATED PROOF OF VACCINATIONS to be presented to pool staff. Pool Phone: 308-235-4043