

# 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

## What you can do...

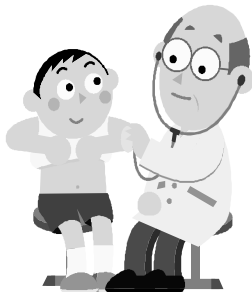
- \* At the beginning of RECESS, stop at the fountain for a drink.
- \* Use Sunscreen SPF 45 (or greater) for protection.

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 Tehama County Area call:

- \* Tehama County Health Center 527-0350
- \* Red Bluff Medical Clinic 528-2420
- \* Corning Medical Associates 824-4663

If your family does not have Health Insurance, please call:



## Tehama County Public Health Department

**Corning**  
1600 Solano St.  
530-824-4890

**Red Bluff**  
1850 Walnut St.  
530-527-0350

**Medi-Cal/Healthy Families**

1-800-880-5305

“Healthy children are better learners”