



Take extra care during the “dog days of summer”...

The “dog days of summer” are commonly thought to be the hottest, muggiest time of the year. “Dog days” usually refer to August and the first few weeks of September. Where did the “dog days” notion and expression come from?



Both the ancient Egyptians and Romans looked upon Sirius, the Dog Star, as being a 2nd Sun. Both civilizations agreed that the Dog Star was responsible for intense summer heat by adding its own heat to the heat of the Sun.

So what does that mean to you, today? It means that during the extra hot “dog days,” you need to:

- Stay hydrated – drink lots of water and fluids to keep your body hydrated. This is very important during extreme heat.
- Protect yourself from the sun’s rays – use sun block, and according to the latest medical information, be sure to re-apply it frequently. Many skin specialists currently advise that sun block – even the waterproof type – needs to be re-applied generously every few hours.
- Dress appropriately for the heat – keep a hat on and dress “cool.” If you are going to be exposed to the sun for a long time, wear long sleeves and long pants. **Best advice of all: stay inside if you can!**
- Stay cool inside when it is really too hot outside – some days, it is just wiser to stay inside, in an air-conditioned environment if possible. Limit your activities, drink water, and “lay low.” This preserves your energy and helps you stay hydrated, comfortable and healthy.

Work & Family Benefits is happy to help you get through the hot days of summer as well as the freezing days of winter – we’re on call **all year** to provide information and referral services to you. Call on our expert counselors, or visit our web site, **My Life Values**, for information at any time while you are taking care of yourself and those who depend on you. But for now: keep cool!