

NEXT STEP TRANSITION CENTER

229 EAST VAUGHAN LANE

DEER PARK, TX 77536

832-429-3703

GOOD EVENING NEXT STEP PARENTS!

SUMMER IS HERE AND IT COMES WITH MORE OUTDOOR ACTIVITIES! OVER THE SUMMER, TEMPERATURES ARE FORECASTED TO BE SCORCHING!

WE ARE ASKING FOR YOUR HELP, NEXT STEP IS IN NEED OF CASES OF WATER BOTTLES TO KEEP OUR YOUNG ADULTS HYDRATED DURING OUR SUMMER OUTINGS! OUR STAFF AT NEXT STEP WILL TAKE ALL THE NECESSARY PRECAUTIONARY MEASURES TO ENSURE THAT YOUR LOVED ONES ARE KEPT COOL AND HYDRATED WHILE UNDER OUR CARE.

YOU MAY DROP OFF THE CASES AT THE CENTER OR SEND THEM WITH TRANSPORTATION. ANY HELP WOULD BE GREATLY APPRECIATED!

KINDEST REGARDS,
DIANA GARZA
DAY HABILITATION DIRECTOR

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BASIC SUMMER HEAT SAFETY TIPS FOR THE FAMILY!

EVERYONE SHOULD FOLLOW THESE BASIC HEAT SAFETY TIPS IN ORDER TO AVOID THE DANGERS OF HEAT EXPOSURE. KEEP THESE SUGGESTIONS IN MIND:

- DURING THE HOTTEST HOURS OF THE DAY, STAY INSIDE. IF POSSIBLE STAY INSIDE AN AIR-CONDITIONED BUILDING. THE HOTTEST HOURS OF THE DAY ARE TYPICALLY FROM MID MORNING TO MID AFTERNOON.
- DRESS LIGHTLY, AND WHEN SLEEPING, USE LIGHTWEIGHT, BREATHABLE COVERS.
- DRINK PLENTY OF WATER AND OTHER FLUIDS. ACCORDING TO THE [HEAT EXHAUSTION AND HEAT STRESS](#) PAGE PROVIDED BY THE TEXAS A & M AGRILIFE EXTENSION SERVICE, WHEN TEMPERATURES CLIMB ABOVE 90 DEGREES, IT'S IMPORTANT TO DRINK AT LEAST A GALLON OF LIQUID PER DAY, PREFERABLY WATER. THOSE WHO ARE OVERWEIGHT AND IN HUMID CONDITIONS NEEDING EVEN MORE.
- AVOID DRINKING ALCOHOL AND BEVERAGES THAT ARE CARBONATED OR CONTAIN CAFFEINE WHEN TEMPERATURES ARE HIGH, AS THEY CAN LEAD TO DEHYDRATION.
- KEEP BLINDS AND CURTAINS CLOSED FROM MORNING UNTIL THE LATE AFTERNOON TO BLOCK EXTRA DIRECT HEAT FROM SUNLIGHT.
- MOVE YOUR EXERCISE ROUTINE TO EARLY MORNING OR LATER IN THE EVENING.
- NEVER EVER LEAVE A PERSON OR A PET IN THE CAR IN HOT CONDITIONS WHILE YOU RUN TO DO A QUICK ERRAND. PEOPLE AND [ANIMALS](#) CAN SUCCUMB TO HEAT EXPOSURE AND DEATH VERY QUICKLY IN A HOT CAR. CARS CAN BECOME OVERHEATED QUICKLY AND WHEN OVERHEATED BECOME LIKE OVENS. IT'S NEVER SAFE.
- PROPERLY SUPERVISE CHILDREN DURING OUTDOOR PLAY, BEING SURE TO MONITOR THEM CLOSELY AND FREQUENTLY.
- SEEK MEDICAL CARE RIGHT AWAY IF YOU BECOME NAUSEOUS, START VOMITING OR EXPERIENCE CRAMPS.
- STAY ON THE LOWEST LEVEL OF YOUR HOME.
- USE A FAN. DON'T PLACE THE FAN DIRECTLY IN FRONT OF A WINDOW BECAUSE IT MAY PUSH HOT AIR IN. TRY PLACING THE FAN SO THAT IT BLOWS IN THE ROOM AND OUT THE WINDOW INSTEAD.
- USE SMALL APPLIANCES LIKE SLOW COOKERS AND TABLETOP GRILLS RATHER THAN YOUR TRADITIONAL OVEN OR STOVE TO KEEP KITCHEN HEAT TO A MINIMUM.
- VERIFY THAT SEAT BELTS AND CAR SEAT RESTRAINTS ARE NOT TOO HOT BEFORE BUCKLING YOURSELF OR ANYONE ELSE INTO A CAR.

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