



Crescent City Cool-Down

New Orleans is a humid, subtropical climate. This brings hot, sticky summers to the Big Easy. Staying hydrated is essential to having a safe, enjoyable summer.

Cooling Off: Humans cool off by sweating, but in humid climates sweat does not evaporate as easily and cannot cool down the body.

Risk: Anyone is at risk for heat-related illness. Those performing manual labor, older age, heart disease, and drinking alcohol in 85°F and 65%+ humidity makes you more at risk.

Dehydration: People who exercise, work, perform physical labor in high heat and humidity can cause dehydration. Dehydration is the loss of water and electrolyte through the skin by sweating.

Tips for Staying Hydrated in Humid Environments:



Drink plenty of fluids with carbohydrate and electrolytes, like a sports drink.



Wear light-colored, synthetic materials that wick sweat.



Gradually increase outdoor activities and exercise in the heat.



Avoid intense exercise between 2 PM – 4 PM.



Avoid sunburns by wearing sun protection, like sunscreen SPF 30+ or UPF rated clothes.

<https://advance.muschealth.org/library/2022/september/heat-humidity-and-hydration>



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