

Tips for a Safe Summer Vacation

Summer is a popular time for travel. Children and the elderly must especially be careful to avoid over exposure to the heat. To be safe from the heat you can follow these tips:

1. Try to avoid being outside in the heat between 10 am and 2 pm. It is usually the hottest at that time. You can plan on doing some indoor activity at that time or try to stay in the shade.
2. Wear light weight, loose clothing in light colors when you go out. A wide brimmed hat can protect your face and neck. Clothes made out of cotton can keep you cool.
3. Even if you do not have any direct exposure to the sun, you must wear sunscreen with SPF rating of at least 30. Read the labels for directions to re apply. Almost all of them require re application every few hours for maximum protection.
4. Do not wait till you are thirsty to drink water. The heat can make you lose lots of fluids make sure you replenish very often. Alcohol and sugary drinks must be avoided, they can make you dehydrated.
5. Be on the lookout for symptoms of heatstroke and heat exhaustion. Heatstroke can come about suddenly and can result in loss of consciousness with extremely high body temperature. It occurs when the body is unable to regulate its temperature and the sweating mechanism fails. The skin is very dry, hot and red. The victim can be cooled with ice or cold water and must be taken to the hospital immediately because it can be fatal.
6. Heat exhaustion is more common and less serious. It is caused due to water and electrolyte loss. The person may exhibit signs of weakness and excessive sweating accompanied by a weak pulse and muscle cramps. The skin can be pale and clammy. Let the victim take some rest in the shade or in an air conditioned room. Provide fluids in frequent intervals.

Make sure you have adequate travel or visitor health insurance to protect you in case of an emergency. Speak to your insurance agent before you go out on your trip. Enjoy your summer!

About the Author

Suchi V is an expert on [US visitor insurance](#). Get quotes, read our FAQs, and learn more about [travel insurance from India](#) on our website.

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