

**ADJUSTING TO HEAT- SUMMER CAMP
DR. LAURA IRVIN, PRIMARY CARE, BAYLOR SCOTT & WHITE HEALTH**

{**ON CAM**}

SCHOOL IS OUT- AND FOR SOME KIDS THAT MEANS SUMMER CAMP.
IF YOUR CAMPER IS PLANNING ON SPENDING LONG- HOT- DAYS OUTSIDE-
THEY NEED TO KNOW HOW TO KEEP THEIR BODY HEALTHY.

{**TAKE VO**}

TRT: 1:15

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN
LAURA IRVIN SAYS HYDRATION IS ONE OF THE MOST IMPORTANT THINGS- SO
HAVE A CONVERSATION WITH YOUR CHILDREN ABOUT DRINKING FLUIDS
THROUGHOUT THE DAY.

SHE ALSO NOTES THAT WHEN SKIN IS PROTECTED FROM SUN WITH AN SPF-
YOUR BODY LOSES LESS MOISTURE- SO WEAR THAT SUNSCREEN.

AND FOR ALL THOSE PARENTS WORKING ON BALANCING THEIR CHILDREN'S
SUGAR INTAKE- HERE'S A GOOD RULE OF THUMB ON SPORTS DRINKS

{**TAKE SOT**}

TRT: 20

DR. LAURA IRVIN
BAYLOR SCOTT & WHITE

Sugar can be good for any athlete, young or old, if they're working out outside. Usually a good rule of thumb is an hour. So if someone is going to be working out or they're going to be outdoors for an hour or more and losing that sweat, they're going to lose those electrolytes that they need to replace.

{**ON CAM**}

IRVIN ALSO SAYS MAKING SURE KIDS EAT ENOUGH THROUGHOUT THE DAY IS
AN IMPORTANT PART OF KEEPING A CAMPER HEALTHY IN HEAT- SO SHE
RECOMMENDS LETTING OLDER KIDS PACK THEIR OWN SNACKS... MAYBE IT
WILL INCREASE THE CHANCES THEY ACTUALLY EAT THEM.