

# Health Services Index

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To us, non-healing wounds are just wounds that haven't healed yet... but they will.

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For more information or to schedule an appointment, call **254-248-6204** or visit [www.cmhos.org](http://www.cmhos.org).



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## Beat the Heat and Sun

### OVERHEATING

Summertime in Texas is known for being both brutal and dangerous.

The CDC gives the following tips to avoid heat-related illness:

- Infants and children up to 4 are at greatest risk
- Never leave infants, children, or pets in a parked care, even if windows are open
- Wear loose, lightweight, light-colored clothing
- Schedule outdoor activi-

ties for morning and evening hours

- Take cool showers or baths
- Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Protect their skin from UV rays when outdoors:
- Cover up with clothing
  - Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.