



Siletz Community

Find us on Facebook! Siletz Community Health Department

THE ANNUAL WELLNESS CARNIVAL IS BACK!

August 23rd from 12 PM - 4 PM
Behind the Siletz Garden & Rec Center

We will have lots of activities such as water slides, bouncy houses, dunk tank and more!

Win door prizes and come eat some yummy BBQ food.

Scan QR code with your phone. This will pull up a calendar of events from CEDARR.



Heat Advisory

Symptoms of heat stroke

- NO SWEATING
- DRY, HOT RED SKIN
- PINPOINT PUPILS
- DIZZINESS & HEADACHES
- VOMITING
- UNCONSCIOUSNESS

PREVENTION OF HEATSTROKE

- NO ALCOHOL/CAFFEINE
- DIZINESS & HEADACHE
- NOT STAY IN CLOSED CAR
- DRINK ENOUGH LIQUIDS
- COOL SHOWERS
- WEAR LIGHT CLOTHING

HEAT STROKE

SYMPTOMS	PREVENTION
NO SWEATING	DRINK ENOUGH LIQUIDS
DRY, HOT RED SKIN	NO ALCOHOL OR CAFFEINE
PINPOINT PUPILS	COOL SHOWERS
DIZZINESS AND HEADACHE	WEAR LIGHT CLOTHING
VOMITING	DO NOT STAY IN A CLOSED CAR
UNCONSCIOUSNESS	WASH YOURSELF

Salem-Area Walking Group

When: Every **Tuesday**

Time: 11:15-12:15 p.m. (up to 1 hour)



Walk your way to better health!

Where: For the month of August we will be at **Keizer Rapids Park**
1900 Chemawa Road N, Keizer, OR 97303

Choose your comfort level. Any pace is the right pace!

Participants receive a raffle ticket each week they attend walking group. The drawing for a prize will be held on the last Thursday of each month.

*** Note: Please contact me if you would like to participate as we will need at least 1 participant each week in order to meet for walking groups.

Cecilia Tolentino, Community Health Advocate at
541-484-4234

Or by email at Ceciliat@ctsi.nsn.us