



Siletz Community

Find us on Facebook! Siletz Community Health Department

August Events

Every Saturday in August

Farm walking group

10 am (see next page for more information)

Aug. 3, 2024

Wrestling camp with our state champion Chelo Garcia

(More info to come)

Aug. 10, 2024

Red shawl honor song at Nesika Illahee Pow-Wow

Aug. 14, 2024

CEDARR dinner—Siletz Community Center

5:30-7 pm

Aug. 20, 2024

Wellness Carnival (see next page for more information)

Red Shawl Dance

Nesika Illahee Pow-Wow

August 10th

Saturday Afternoon

Please join us in an honor song for anyone who has been affected by Sexual Assault or Domestic Violence in their lifetimes and dance with us.

If you have a red shawl, please bring it. If not, we will have only a handful available.



Beat the Summer Heat and Stay Hydrated

The human body is made up of approximately 60% water, and it is essential to maintain proper hydration to ensure that the body functions optimally. Drinking enough water is important for overall health, as it helps keep the body functioning, regulates body temperature, and assists with the transport of nutrients throughout the body.

Proper hydration also plays a crucial role in maintaining healthy skin, as it helps to flush out toxins and reduce the appearance of fine lines and wrinkles. Furthermore, adequate hydration helps to prevent constipation by ensuring that the digestive system functions properly, which also contributes to overall health.

It is important to note that dehydration can have serious consequences, especially in individuals who are already experiencing health issues or are more vulnerable. Headaches, fatigue, and dizziness are common signs of dehydration, and in more severe cases, it can lead to seizures, kidney failure, and even death.

To ensure that you are getting enough water, it is recommended to drink at least 8 glasses of water per day, or approximately 2 liters. However, it is important to note that certain factors, such as climate, activity level, and overall health, can affect the amount of water that an individual needs to drink.

In addition to drinking water, you can also ensure proper hydration by increasing your intake of foods that are high in water content, such as fruits and vegetables. Cucumbers, watermelon, and tomatoes, for example, all have a high water content and can contribute to overall hydration.

It is also important to note that certain beverages, such as sugary drinks and alcohol, can actually contribute to dehydration and should be consumed in moderation. Instead, opt for beverages such as herbal tea or infused water, which can provide flavor without the added sugar and additives.



DID YOU KNOW?

You could have a sexually transmitted disease (STD) and not know it.



The STD syphilis, among others, has been increasing across the Great Plains Area.

You may have **NO** symptoms in the early stages of a syphilis infection.



The more you know, the more you can protect yourself.

- Practice safe sex
- Get tested regularly

Testing is the best way to prevent and treat any STD.



Talk with your provider or local Tribal Health Facility for testing availability near you.



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