

A Word From Your Community Health Center



Remember to stay hydrated in the heat!

It is easy to quickly become dehydrated when the temperature is over 90. Symptoms of dehydration are headaches, dizziness and tiredness. Loss of appetite is common as well. Children and the elderly are particularly susceptible to dehydration.

The World Health Organization (WHO) has a simple formula for an oral rehydration liquid that is used worldwide. It has been used for years to treat cholera in Africa.

WHO rehydration formula

In 1 liter (quart) of water, add:

- 1 three finger pinch of sugar (using your thumb and three fingers)
- 1 two finger pinch of baking soda (using your thumb and two fingers)
- 1 one finger pinch of salt
- 1 one finger pinch of "no salt" or potassium chloride (optional)

STREET DANCE

CAFE OPEN
7 AM - 11 PM

Hosted by:

Butte Falls Cafe

Saturday August 31st

7 pm - 11 pm

LIVE BAND

PRIME RIB DINNER SPECIAL \$14.75

SWEET TREATS