

Stroke Recovery & Summer Heat

Hot weather can be more challenging after a stroke.



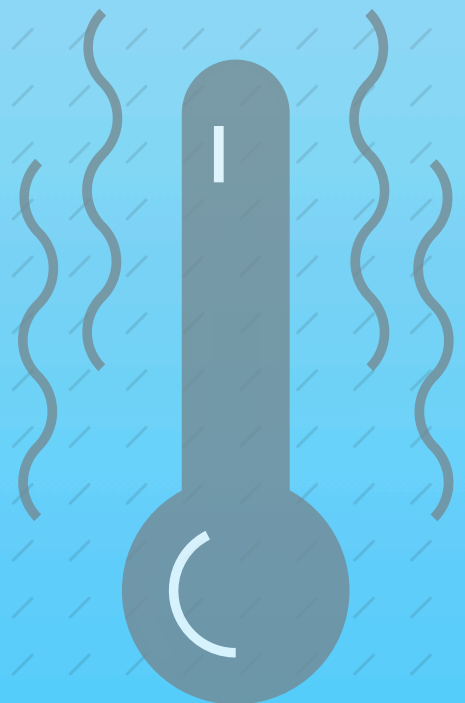
Stay Cool • Stay Hydrated • Stay Safe

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Why Heat Matters

Summer heat may:

- Increase fatigue
- Raise dehydration risk
- Affect blood pressure
- Make stroke symptoms feel worse



Extra care during hot weather can support recovery.

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Keep Your Body Cool

- Stay indoors during peak heat
- Visit air-conditioned places if possible
- Close blinds during the day
- Open windows when evenings are cooler



A cooler environment helps reduce stress on your body.

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Hydrate All Day

- Sip water regularly
- Don't wait until you're thirsty
- Carry a water bottle whenever you go out



Hydration is one of the simplest ways to stay safe.

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Eat Foods That Hydrate

Summer heat may:

- Cucumber
- Watermelon
- Berries
- Citrus Fruits



Healthy hydration also comes from your plate.

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Avoid Dehydration

Limit:

- Excess caffeine
- Alcohol
- Sugary drinks



Choose water or electrolyte-rich beverages instead.

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Plan Outdoor Activities Smartly

Avoid going outside between:

- 10 AM – 4 PM

Best times:

- Early Morning
- Evening



Less heat means less strain on your body.

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Simple Cooling Tips

- Cooling towel or wet bandana
- Bowl of ice in front of a fan
- Cold water bottle
- Take breaks in shade or air conditioning



Small cooling habits can make a big difference.

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Know the Warning Signs

Seek medical help if you notice:

- Dizziness
- Headache
- Nausea
- Heavy sweating
- Extreme fatigue



Don't ignore symptoms of heat-related illness.

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Enjoy Summer Safely After Stroke

- Stay Cool
- Stay Hydrated
- Dress Light
- Listen to Your Body



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