

# Staying COOL in the Summer

## TIPS FOR DIALYSIS PATIENTS



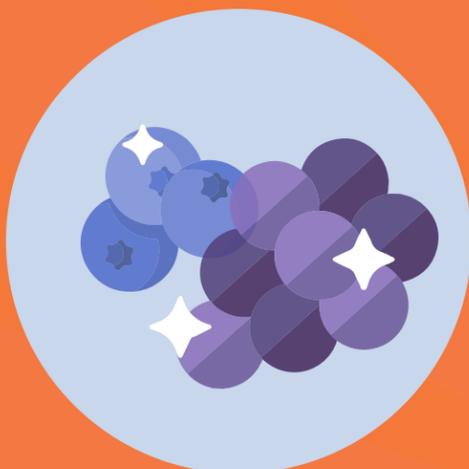
Use frozen treats to cut down the amount of fluids you drink.



Drink cold liquids instead of hot ones.



Snack on chilled low-potassium fruits and vegetables



Freeze grapes or blueberries for a cold, refreshing snack.



Suck on ice cubes to help fluids last longer.



Swallow pills with cold applesauce instead of a liquid.

### Try to avoid:



Sitting in a hot car after dialysis.



Outdoor activities during the heat of the day.



Drinking too much fluid.