2013 Hydration Commercials

Use standard intro/close for Health Minute:

**INTRO ON CAMERA:**

Hi, I’m Dr. Jim Dowling, medical director at the Galveston Bay refinery, with a “Health Minute.”

**CLOSE ON CAMERA:**

Thanks for watching this Health Minute… for your health and safety.

**VOICEOVER FOR HEALTH MINUTE/HYDRATION #1 (ON CAMERA, PLUS VIDEO) (FOR JUNE)**

In the heat of summer, keeping cool is critical.

The best way to beat the heat is to stay hydrated.

And the best way to stay hydrated… is to drink plain old water.

Those sports drinks add sugar and salt that you don’t need.

If you work outdoors, drink about six ounces of cool water every 15 or 20 minutes.

It’s a simple way to prevent heat stress and other, more serious heat-related illnesses.

Remember… water up, and cool down.

**VOICEOVER FOR HEALTH MINUTE/HYDRATION #2 (VIDEO OF LAUREL & HARDY, BEING DOUSED WITH WATER) (FOR JULY)**

Wouldn’t this be great if you’re working out in the heat?

(PAUSE FOR LAUREL & HARDY VIDEO)

But what you *really* need… is a cool drink of water.

Nothing beats it for keeping you hydrated, and preventing heat stress and heat stroke.

If you’re working or playing outside, try to drink about 6 ounces every 15 or 20 minutes.

Try to schedule outdoor work for cooler hours… take regular cooling breaks… and eat small meals.

Watch for signs of heat stress, in yourself and your co-workers.

Dizziness, nausea, weakness, and cramping are all clear signs of trouble… and you need to get help.

**VOICEOVER FOR HEALTH MINUTE/HYDRATION #3 (ON CAMERA, PLUS TEXT ON SCREEN) (FOR AUGUST)**

Wow, it is HOT out there!

If you’re working in the heat, be sure to watch for signs of heat stress:

Dizziness, nausea, weakness, and cramping are all clear signs of trouble… and you need to get help.

To avoid heat stress, you should drink about 6 ounces of cool water every 15 or 20 minutes.

Try to schedule outdoor work for cooler hours… take regular cooling breaks… and eat small meals.

Avoid electrolyte replacement drinks, especially if you’re diabetic or hypertensive.

They add sugar and salt your body doesn’t need.

Those energy drinks?

Even worse.

Caffeine can actually de-hydrate you.

Remember:

Drink plenty of water, as much as a quart per hour.

Stay hydrated… and stay safe.