

SANTO DOMINGO FEAST DAY

BEAT THE HEAT



BEFORE AND DURING FEAST

Prepare Your Body. Protect Your Health. Stay Cool. Stay Hydrated. Stay Aware.

BEFORE FEAST



START HYDRATING 2-3 DAYS BEFORE

Drink water throughout the day.
Don't wait until you're thirsty!



EAT BALANCED MEALS

Choose foods with fruits, vegetables,
and lean protein.



LIMIT ALCOHOL & CAFFEINE

They can dehydrate you
and make you feel worse.



WEAR LIGHT-COLORED, LOOSE CLOTHING

Wear a hat and sunglasses.



BRING A REFILLABLE WATER BOTTLE

Keep it with you and refill often.



GET ENOUGH REST

A good night's sleep helps your
body handle the heat.

WHO IS MOST AT RISK?

- Elders
- Young children
- People with chronic medical conditions
- Pregnant individuals
- People not used to heat
- Overweight individuals



DURING FEAST



DRINK WATER EVERY 15-20 MINUTES

Small sips often work best.
Avoid sugary or energy drinks.



TAKE BREAKS IN THE SHADE

Rest often and listen to your body.



USE COOLING TOWELS

Wet your neck, head, and wrists
to help lower your body temperature.



WEAR SUNSCREEN

Use SPF 30 or higher. Reapply every 2 hours.



CHECK ON ELDERS, CHILDREN, AND VISITORS

Make sure they are drinking water
and feeling okay.



DON'T IGNORE EARLY SYMPTOMS

Act early and prevent it from
getting worse.

HYDRATION TIMELINE

Use this guide to help you hydrate before, during, and after Feast Day activities.

2-3 DAYS BEFORE



Start hydrating.
Drink extra water
throughout the day.



Drink water
every 15-20
minutes.



Keep hydrating and
replace electrolytes.
Continue resting.

HYDRATE BEFORE • DURING • AFTER FEAST
WATER IS MEDICINE





TRIBAL MEMBERS PARTICIPATING



Extra care helps you stay strong and complete your dance.



HYDRATE EARLY & OFTEN

Drink water regularly before, during, and after your dance.



COOL DOWN BETWEEN DANCES

Take breaks in the shade. Use cool towels and misting.



KNOW YOUR LIMITS

Listen to your body. It's okay to step out and rest.



BUDDY SYSTEM

Look out for your dance group and support one another.

EXCESS CLOTHING TO REMOVE



Remove bells and heavy ankle or leg attachments.



Remove jewelry like necklaces, bracelets, and earrings.



Remove feast regalia, vests, and extra layers.



Wear light, loose-fitting clothing that allows your body to breathe and stay cool.

WHILE WAITING FOR EMS...



Move the person to a cool, shaded area.



Remove excess clothing.



Cool the body with water, mist, or wet towels.



Apply ice packs to neck, armpits, and groin.



Do NOT give fluids if the person is unconscious or unable to swallow.



CALL 911 FOR EMERGENCIES



WE UNDERSTAND THE IMPORTANCE OF SANTO DOMINGO FEAST.

We honor the traditions that bring us together. We also understand that your health and well-being matter. Taking care of yourself helps you continue honoring our culture, your family, and your community.

Don't hesitate to take a break, get water, or seek help if you need it.

YOUR HEALTH HONORS YOUR DANCE.

STAY HYDRATED • STAY COOL • STAY SAFE

IMPORTANT LOCATIONS DURING FEAST DAY



SANTO DOMINGO COMMUNITY CENTER



EMS
Inside of Santo Domingo Community Center Cafeteria
134 Tesuque St.



POLICE
Inside of Santo Domingo Community Center Cafeteria
134 Tesuque St.
(Between Community Center and Church)



CALL 911 FOR ALL EMERGENCIES



HYDRATION STATIONS

Stay hydrated! Water and electrolyte drinks will be available at these locations:

- RV at Nambe St. and Cochiti St.
- Station 1: Jemez St. closest to Plaza Entrance
- Station 2: Zia St. closest to Plaza Entrance



STAY SAFE. STAY HYDRATED.

Drink plenty of water, take breaks in the shade, and look out for one another.

KNOW THE DIFFERENCE

Know the Signs. Take Action.



HEAT CRAMPS (Mild)

- Muscle cramps or spasms
- Heavy sweating
- Thirst

WHAT TO DO:

Rest in the shade, drink water or an electrolyte drink (a pinch of salt in water or Liquid I.V.®), and stretch gently.
1-2 packs of Liquid I.V. per day.



HEAT EXHAUSTION (More Serious)

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or vomiting
- Cool, pale, clammy skin
- Headache
- Fast heartbeat

WHAT TO DO:

Get to a cool place, drink water or an electrolyte drink (a pinch of salt in water or Liquid I.V.®), loosen clothing, use cool towels, and rest. Seek medical help if symptoms don't improve.
1-2 packs of Liquid I.V. per day.



HEAT STROKE (Medical Emergency)

- High body temperature (103°F or higher)
- Hot, red, dry or damp skin
- Confusion or agitation
- Seizures or unconsciousness
- Rapid, strong pulse
- No sweating

CALL 911 IMMEDIATELY

Heat stroke can cause death or permanent disability if not treated right away.

Information is intended for educational purposes only and does not replace medical care or advice.

We wish you a
Happy Feast Day
AND MANY BLESSINGS.