

# UPTOSPEED

In This Issue:

- ◆ Heat-Related Illnesses
- ◆ Youth Sports Injuries
- ◆ Sun Safety
- ◆ COVID-19 Treatments



## Having a Heat Wave: Ways to Prevent Heat-Related Illnesses

You may have noticed this past June was among the hottest on record. Heat exhaustion or stroke can occur when the body becomes overheated after being exposed to high temperatures. Now is the perfect time to brush up on ways to prevent these conditions.

[Learn More](#)



**Youth Sports Injuries:  
Steps to Take if Your  
Child Gets Hurt**



**The Effects of  
Ultraviolet Rays:  
A Grateful Patient Shares  
His Story**



**COVID-19  
Treatment Update:  
What's Available if You  
Test Positive?**

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