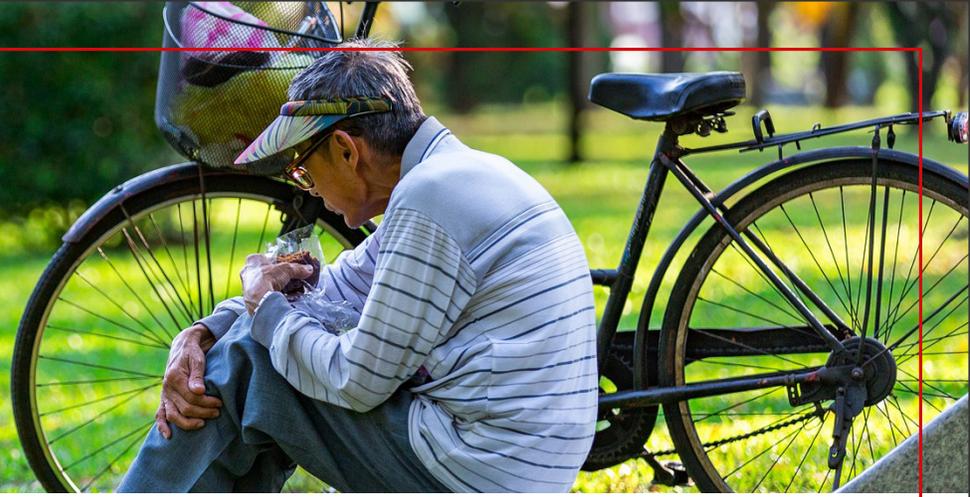


Help for When it's Hot

Information for Older Adults



Heat-related illness is a concern for older adults during summer. Older adults are especially at risk for heat-related illness because they do not adjust well to changes in temperature, and are more likely to have chronic health conditions or take medications that affect the body's ability to cope with heat.

Stay Cool

- Drink lots of water, even if you are not thirsty
- Stay in spaces that are air-conditioned when possible.
- Avoid using the stove or oven
- Wear light, loose-fitting clothing.
- Avoid being outside during the hottest part of the day, which is usually between 12-4pm.

Heat Exhaustion

SYMPTOMS

- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

WHAT TO DO

- Remove excess clothing
- Rest in a cool area
- Take a cool shower, bath, or sponge bath
- Drink plenty of water

Heat Stroke

SYMPTOMS

- Confusion
- Rapid pulse
- Seizures
- Loss of consciousness
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

WHAT TO DO

Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.