

Summer Heat Safety



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Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Medications That May Make You Extra Sensitive to Sun and Heat

Acne treatments.

Antibiotics.

Allergy medications.

Antidepressants.

Non-steroidal anti-inflammatory drugs (nsaids).

Vitamins and herbs. (St. John's wort, niacin)

Topical medications.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Stay cool, stay hydrated

- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Follow [additional tips](#) on how to prevent heat-related illness.

Stay informed

- Stay informed
- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

What can you tell me about each photo?



Heat Stroke

WHAT TO LOOK FOR

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat Stroke

WHAT TO DO

Call 911 right away-heat stroke is a medical emergency

Move the person to a cooler place

Help lower the person's temperature with cool cloths or a cool bath

Do not give the person anything to drink

Heat Exhaustion

WHAT TO LOOK FOR

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

Heat Exhaustion

WHAT TO DO

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

GET MEDICAL HELP RIGHT AWAY IF:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

Heat Cramps

WHAT TO LOOK FOR

Heavy sweating during intense exercise

Muscle pain or spasms

Heat Cramps

WHAT TO DO

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

GET MEDICAL HELP RIGHT AWAY IF:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

Sunburn



WHAT TO LOOK FOR

Painful, red, and warm skin

Blisters on the skin

WHAT TO DO

Stay out of the sun until your sunburn heals

Put cool cloths on sunburned areas or take a cool bath

Put moisturizing lotion on sunburned areas

Do not break blisters

Heat Rash

WHAT TO LOOK FOR

Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

WHAT TO DO

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



HEALTH TIPS

TO BEAT THE SUMMER HEAT

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12 Summer Safety Tips for the Elderly

- Stay hydrated
- Talk to your doctor/health care professional
- Keep your cool
- Stay in touch
- Meet your neighbors
- Know who to call
- Wear the right stuff
- Protect your eyes
- Know the risks of hyperthermia
- Wear sunscreen and hats
- Apply bug spray
- Exercise smart

References

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