



Heat Safety Tips to Help You Survive the Heat

During periods of prolonged heat, the elderly, the very young and persons with chronic health conditions are usually the first to be affected by the heat. The following are some preventative tips that can help you cope with the heat:

- Dress appropriately by wearing lightweight, light colored, loose fitting clothing.
- Stay indoors in air-conditioned areas as much as possible. If they do not have air conditioning, they can seek relief for some part of the day at a local senior center, a mall, a library, and a movie theater, or visit family who have air conditioning.
- If using a fan to keep cool, a window should be kept open to allow the hot air to escape. Keep blinds and curtains drawn and spend as much time as possible on the first floor of their home.
- Those taking regular Medication should consult with their Physician or Pharmacist. Some medications cause an adverse reaction in hot weather, while others actually deteriorate in the heat and may not have the usual beneficial effect.
- Avoid exposure to the sun and heat . Refrain from outdoor activities. Protect skin and eyes by using sunscreen, wearing a wide brimmed hat and sunglasses when outdoors.
- Slow down and avoid strenuous activities, especially outdoor activities, during the hottest part of the day (noon – 4 p.m.). If they must be active, they should take frequent rests in a cool place and drink plenty of fluids.
- Drink plenty of water, even if they do not feel thirsty, to prevent dehydration. Avoid alcoholic and caffeinated beverages.
- Eat small light meals. Avoid hot meals. Eat several small, light meals throughout the day
- Take cool baths or showers. Cool water temperature cools your body 25 times faster than cool air.
- If the following signs are experienced, they should call a doctor or seek medical help Immediately: fatigue, nausea, diarrhea, dry skin, rapid heartbeat and cramps.
- Pets are also subject to stress from the heat so keep your pets hydrated and in a cool environment.

Remember that the very young and the elderly are most vulnerable to the dangers of excessive heat. Check on friends and neighbors frequently and notify authorities of any potential concerns!