


KEEPING COOL WHEN IT IS HOT


To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:


GO TO WHERE IT IS COOL.  Relax in a cool room, senior center, library, shopping mall, or movie theater.


WEAR LOOSE FITTING, LIGHTWEIGHT CLOTHING. Wear as little as possible, especially cotton, when you are at home. If you must go outdoors, wear a hat or use an umbrella to protect your head and neck.

DRINK WATER OFTEN.  Drink a cup or more of water or sports drink every hour. You will become dehydrated before you feel thirsty. Don't wait to drink liquids until you feel thirsty.

AVOID ALCOHOL, SODA, OR COFFEE.

WATCH WHAT YOU EAT.  Avoid spicy foods and heavy meals. Increase your intake of fruits and vegetables. Use your stove less. Cook your meals during the cooler part of the day.

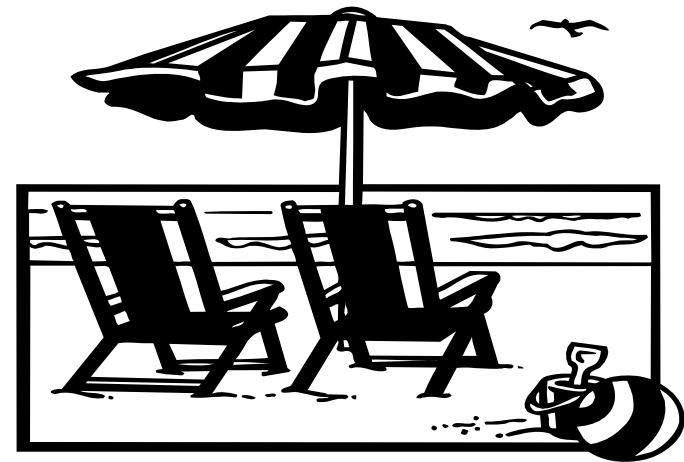
AIR CONDITIONING CAN SAVE YOUR LIFE!  Fans help you if they blow hot air out of your room and draw cool air in, but fans can hurt you if they blow very hot air at you when it is too humid.

SWIM, BATHE, OR SHOWER.  Water temperatures of 75 to 80 degrees will cool you 25 times faster than cool air can.

Compiled from the Chicago Department on Aging
and OSHA

STAY COOL

HOT WEATHER TIPS FOR OLDER ADULTS



Senior Information and Assistance

1-800-510-2020

1-714-567-7500

Heat Stress

Heat stress occurs when the body cannot cool itself. After age 65, your chance of dying from the heat is 10 times more than a younger person.

Facts About the Heat

Temperatures above 90 degrees can be dangerous for older adults. Humid air makes the heat worse because your sweat cannot dry fast enough to keep you cool.

Your body needs time to adjust to the hot weather. A sudden increase in temperature, especially in the early summer, is dangerous because your body is unprepared for the strain.

It does not take a heat wave for you to be seriously affected by the heat. Any time you feel too hot, REST and COOL OFF. Cool down by avoiding direct sunlight, turn on a fan or air conditioning, drink lots of water, and put on loose-fitting clothes.

Factors Leading to Heat Stress

- ❖ High temperature and humidity
- ❖ Direct sun or heat
- ❖ Limited air movement
- ❖ Physical exertion
- ❖ Poor physical condition
- ❖ Some medicines. If you take medication for high blood pressure, anxiety, depression, or insomnia, you are more susceptible to the heat.

**IF YOU HAVE SIGNS OF HEAT STRESS...
COOL DOWN FAST!**

Be Aware and Take Care

You may be affected by the heat more if you have any of the following conditions:

- ❖ Heart disease
- ❖ Diarrhea
- ❖ Diabetes
- ❖ Fever or infection
- ❖ Overweight
- ❖ Poor circulation
- ❖ Hypertension
- ❖ Sunburn
- ❖ Previous stroke
- ❖ Drink alcoholic beverages

Early Warning Signs of Heat Stress

Heat stress can cause both physical and mental changes. You may feel hot and uncomfortable or notice a lack of energy or appetite. If you develop these symptoms, take action so that a more serious condition does not occur.

Serious Signs of Heat Stress

- ❖ Muscle cramps
- ❖ Weakness or dizziness
- ❖ Diarrhea or vomiting
- ❖ Throbbing headache
- ❖ Heart beat is too weak, strong, or fast
- ❖ Clammy, sweaty skin
- ❖ Red, pale, or hot skin with no sweating
- ❖ Confusion
- ❖ Chest pains
- ❖ Trouble breathing

**CALL 911 IF YOU HAVE THESE
SIGNS!**