







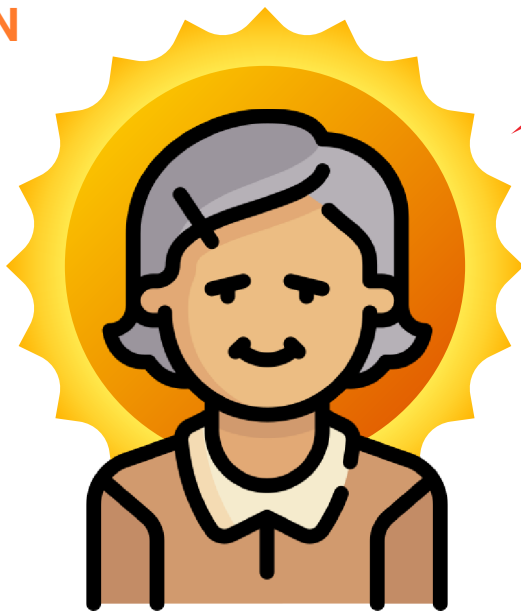
Take note:

Older adults are at increased risk of heat illness:


KNOW THE SIGNS

HEAT EXHAUSTION

- Faint or dizzy 
- Excessive sweating 
- Cool, pale, clammy skin 
- Rapid, weak pulse 
- Nausea or vomiting 
- Muscle cramps 



HEAT STROKE

-  Throbbing headache
-  May lose consciousness
-  No sweating
-  Fast, strong pulse
-  Nausea or vomiting
-  Red, hot, dry skin
-  Body temperature above 103F or 39C

**Increased
Risk for
Older Adults**

- The body's cooling systems may not work as well for older adults.
- Some health issues can increase risk of heat related illness such as: breathing, heart and kidney problems and cognitive impairment, and some medications.
- People who live in long term care can be at increased risk because they spend less time outside and do not adjust to the changing temperatures of the season as a result.



Tips to Stay Safe

- Check the weather and prepare for it
- Drink throughout the day before you feel thirsty - Water is great but not the only option - fruit, jello and popsicles also hydrate, and drinks with caffeine **do not** dehydrate you but may not provide as much nutrition as other options
- Reduce activities in the heat
- Wear a hat, sunglasses and sunscreen
- Plan outdoor activities for cooler times of the day
- Use a fan, open windows at night, draw blinds in the heat of the day
- Use air conditioning if you have it
- Take a bath or shower