

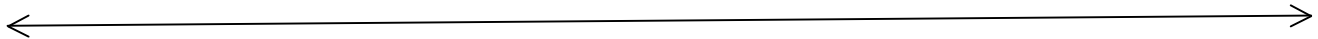
Summer Heat Tips for the Older Population

People aged 65 years or older and people with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can worsen the impact of extreme heat. People in these categories need the following information.

Closely monitor people who depend on you for their care:



- **Are they drinking enough water?**
- **Do they have access to air conditioning?**
- **Do they know how to keep cool?**

- Stay in air-conditioned buildings as much as possible. If you need to run errands or go to an appointment, schedule for early mornings to “beat the heat.”
- Drink more water than usual and **don’t wait** until you’re thirsty to drink.
- *Don’t drink liquids that contain alcohol or large amounts of sugar*—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Check on a friend or neighbor and have someone do the same for you.
- Don’t use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- 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.



Warning Signs and Symptoms of Heat-Related Illness

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

<p>Heat Exhaustion</p> <ul style="list-style-type: none"> • Heavy sweating • Weakness • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Fainting 	<p>What You Should Do:</p> <ul style="list-style-type: none"> • Move to a cooler location. • Lie down and loosen your clothing. • Apply cool, wet cloths to as much of your body as possible. • Sip water. • If you have vomited and it continues, seek medical attention immediately.
<p>Heat Stroke</p> <ul style="list-style-type: none"> • High body temperature (above 103°F)* • Hot, red, dry or moist skin • Rapid and strong pulse • Possible unconsciousness 	<p>What You Should Do:</p> <ul style="list-style-type: none"> • Call 911 immediately — this is a medical emergency. • Move the person to a cooler environment. • Reduce the person's body temperature with cool cloths or even a bath. • Do NOT give fluids.