Area Agency on Aging Health Tips

TIPS to Survive the Summer Heat

<u>WARNING SIGNS</u> of heat related conditions, such as a *heat stroke*:

- Headache
- Profuse Sweating
- Exhaustion
- Nausea/Vomiting
- Muscle Cramps
- Dizziness/ Fainting
- Dim or Blurred Vision
- Hot Dry Skin
- Cold Damp Skin

<u>TIPS TO PREVENT heat related symptoms, particularly during power outages</u>: (Don't wait, however, to call your doctor or <u>9-1-1</u> if needed. Heat Strokes can be *life-threatening* and can come on quickly.)

- **Drink water**: Sip all day; don't wait until you are thirsty. Avoid alcoholic, caffeinated beverages, sugary soft drinks, and full-strength fruit juices.
- **Limit physical activity** & wear a hat outside, preferable with a wide brim.
- **Keep shades drawn and blinds closed**, but windows should be slightly open.
- **Keep electric** turned off (or lights low) & avoid using your oven or clothes dryer.
- **Do not just rely on fans;** if the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness.
- **Take baths, showers, or find a pool to swim in**; bath in tepid water, use cool towels.
- **Wear loose-fitting**, light-colored, lightweight cotton clothing.
- **Eat light** foods high in water content: fruits, salads, and soups.
- **Don't wait or leave anyone unattended in closed cars** or other vehicles.
- **Develop a "buddy" system;** keep in contact with your family and friends.
- **Talk to your doctor about medications;** you may need to alter medications or dosage(s), but under no circumstances change your medication on your own.
- **Use air conditioning,** but if you don't have a unit at home or the power is out, go to any air-conditioned building.

For further information on other services, please call our: Information & Assistance Program

1-800-510-2020 **(From within CCC)** 925-229-8434 **(From Outside CCC)**