

Extreme Heat: Too Hot for Your Health

Too much heat is not safe for anyone. It is even worse for older people and for those who have health problems. Hot weather can cause headache, confusion, dizziness, or nausea. Being too hot can cause serious, life-threatening problems (heat exhaustion and heat stroke). **If fainting or vomiting occurs call 911.**

Prevent heat problems by doing the following:

- Drink plenty of liquids, such as ice water or juices.
- Avoid drinks that have caffeine or alcohol in them.
- If your doctor has told you to limit your liquids, be sure to ask what you should do when it is very hot.
- Eat well-balanced, light meals. Avoid hot, heavy meals.
- Eat fruits and vegetables that have high water content, such as watermelon, strawberries, cantaloupe; and cabbage, zucchini, tomatoes, and cucumbers.
- Use air conditioning.
- Keep curtains or blinds drawn during the hottest part of the day.
- Wear lightweight, loose-fitting, light-colored clothes.
- Take frequent cool showers.
- Don't try to exercise or do a lot of activities when it is hot. Reduce or reschedule activities. Do activities in the early morning or in the evening.
- Avoid crowded places when it's hot outside.
- Avoid too much sun. Stay inside during the hottest part of the day, noon to 4 pm.
- Pay attention to weather reports (temperature & humidity).
- *If you do not have any air conditioning, try to spend at least two hours a day (between noon and 4 pm if possible) in an air-conditioned place, such as a ***shopping mall or store, a movie theater, a restaurant or coffee shop, a public library, a senior center, or**

the home of a friend, neighbor or family member who has air conditioning.

****Note: Due to the ongoing coronavirus pandemic, availability of public locations may vary.***

If you are age 60 or older and think you can't afford to run your air conditioner or if you need transportation to an air-conditioned place, please contact the Union-Snyder Agency on Aging, Inc. at 570-524-2100 or 570-374-5558.

For residents of Union or Snyder County, if at any time you are concerned that an older adult is being abused or neglected, including self-neglect, call the Union-Snyder Agency on Aging, Inc. at 570-524-2100; 570-374-5558 or 1-800-533-1050. Calls are answered 24 hours per day, seven days per week.

Resource: <https://www.cdc.gov/features/extremeheat/index.html>