



HEAT SAFETY

for

the Aging Population

KNOW

THE SIGNS:



heavy sweating weakness



nausea/vomiting



cold or clammy skin



WHAT CAN YOU DO?

- Don't rely on just a fan to keep you cool
- Drink water more than usual
- Don't wait until you're thirsty to drink
- Take cool showers to cool down
- Stay **hydrated** on and off of the field
- Don't use the stove or oven to cook (It will make your house hotter).

CALL 911 IF:

HEAT STROKE SYMPTOMS:

- Dry, hot skin
- Rapid pulse
- High body temperature