

HEAT SAFETY for People with Chronic Illness

KNOW

THE SIGNS:



heavy sweating



weakness



cold, clammy skin



nausea
vomiting

WHAT CAN YOU DO?

- During periods of excessive heat, drink more water than usual.
- Don't wait until you are thirsty to drink.
- Talk to your pharmacist! Some medications can worsen the impact of extreme heat.
- Shield medications from high heat and direct sun.
- Never leave your medicine in a hot car.

WARNING!

- People with chronic medical conditions are less likely to sense and respond to changes in temperature.