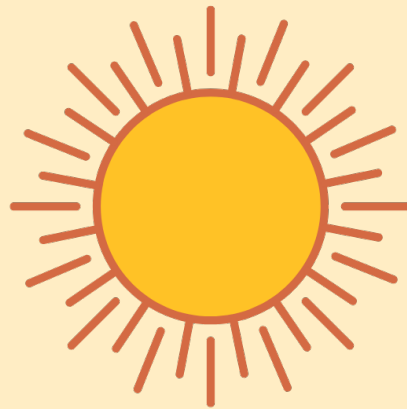


# HEAT SAFETY



*for the aging population*

## WHAT CAN YOU DO?

- Drink water often and before you get thirsty. Ask your doctor how much and how often you should drink.
- If you take medications or have any health conditions, ask your doctor if they impact your sensitivity to heat.
- Limit your time outdoors, especially between 10am-6pm.
- Don't rely on a fan to keep you cool when temperatures are above 95°F.
- If you don't have AC, visit a library, mall, movie theater or another location with AC. Some towns have designated cooling centers.
- Take a cool shower, bath or sponge bath to cool down.
- Don't use your stove or oven to cook (it will make your house hotter).
- Sleep 6 to 8 hours a night in a cool place.

## KNOW THE SIGNS:

- Heavy sweating
- Weakness
- Nausea / vomiting
- Cold or clammy skin

## CALL 911 IF HEAT STROKE SYMPTOMS OCCUR:

- Hot, red, dry or clammy skin
- High body temperature
- Rapid pulse