

HEAT SAFETY



for people with chronic illnesses

KNOW THE SIGNS:

- Heavy sweating
- Weakness
- Cold, clammy skin
- Nausea & vomiting

WARNING!

People with chronic medical conditions may be more likely to experience heat stress because they sense and respond to temperature changes differently. Chronic Medical Conditions Include:

- Cardiovascular illnesses
- Diabetes
- Kidney/renal illnesses
- Mental illnesses
- Obesity
- Respiratory illnesses
- Substance abuse

WHAT CAN YOU DO?

- Drink water often and before you get thirsty. Ask your doctor how much to drink and how often, which may depend on your chronic illness and medications.
- Avoid beverages with alcohol, high caffeine and/or sugar.
- Spend time in AC, in front of a fan (up to 95°F), or in the shade.
- Ask your pharmacist if your medication makes you more or less sensitive to heat.
- Shield medications from high heat (e.g., a hot car) and direct sun.