

Hot Weather Tips for Older Adults

When temperatures climb above 80°F, older adults need to take precautions to avoid heat-related illness. Every summer, more than 600 Americans die due to issues caused by excessive heat and humidity. And older adults, and those living with disabilities, are especially at high risk of heat-related illness.

How to Stay Safe When It's Too Hot:

- Stay away from direct sun exposure as much as possible. Try to plan activities for early morning or sun set.
- Stay hydrated! Drink that water - and try to avoid caffeine and alcohol as they cause you to lose water by making you urinate.
- Dress appropriately. Wear loose, light-colored clothing & a hat.
- Use a broad-spectrum sunscreen with SPF of 15 or higher. Apply to all exposed skin.
- Spend as much time as possible in air-conditioned spaces. If you don't have air-conditioning, seek out spaces that do, such as libraries, malls, theaters, or community centers.
- Cool down. Take tepid showers or baths or use a wet washcloth on your wrists, ankles, armpits & neck.

Medications can also cause heat intolerance in older adults. For example, there's a risk between heat and high blood pressure medications. Be aware of medications that can cause issues for older adults when the temperature rises.

6 Medications That Cause Heat Intolerance:

- Blood Pressure Medications
- Antihistamines
- Decongestants
- Overactive Bladder Treatments
- Stimulant Medications for ADHD
- Psychiatric Medications




HEAT SAFETY GUIDELINES

-  USE A BROAD-SPECTRUM SUNSCREEN WITH SPF OF 15 OR HIGHER.
-  DRINK PLENTY OF WATER TO AVOID DEHYDRATION.
-  COOL DOWN - SWIM, TAKE TEPID SHOWERS OR BATHS, AND SEEK OUT A/C
-  AVOID CAFFEINE AND ALCOHOL AS THEY CAUSE YOU TO LOSE WATER BY MAKING YOU URINATE.
-  STAY AWAY FROM DIRECT SUN EXPOSURE AS MUCH AS POSSIBLE.