

Tips

to
Stay

Cool

When you're
feeling the heat
this can be a
lifesaver.

Tips on keeping cooler and healthier
during summer heat waves.



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When summer temperatures climb, extra care must be taken to stay

healthy by avoiding heat stress.

Here are some reminders and tips for staying cool and safe.

What is Heat Stress?

Heat Exhaustion or Heat Stress (also known as Heat Stroke) can be a very dangerous condition. It occurs when the body is unable to regulate its temperature. This usually happens when temperatures reach 90°F or higher, indoors or out. If the humidity is above 60%, your body will feel 10-20 degrees hotter.

Heat Stress warning signs

Heat Stress can include one or more of the following:

- Loss of energy
- Slight loss of appetite
- Upset stomach
- Lightheadedness
- Prickly heat
- Heat cramps
- Heavy sweating
- Thirst
- Feeling faint
- Giddiness
- Confusion
- Nausea

If you or someone you know experiences one or more of these symptoms, here's what to do:

- Get the person into a cool area
- Remove excess clothing
- Give more fluids to drink
- Encourage rest

If symptoms also include any of the following, refer to the above steps and call 9-1-1 immediately.

- No sweating
- Combative behavior
- Hot, dry, flushed skin
- Body temperature 105°F plus
- Throbbing headache
- Rapid heartbeat/breathing
- Convulsions
- Staggering
- Loss of consciousness
- Confusion



How to avoid heat stress

Good hot weather sense can go a long way.

These tips will help. Remember to ask your doctor if your medications and medical conditions put you at higher risk for heat stress.

You are also more at risk if you:

- Have heart or kidney failure
- Have high blood pressure
- Have diabetes
- Have breathing problems
- Take “water pills”
- Are overweight or underweight
- Have had a stroke
- Have an infection or fever
- Have vomiting or diarrhea
- Drink alcohol or caffeine
- Have no air conditioning

tip
one

Drink lots of water.

Drink cool water every 15 to 20 minutes, even if you’re not thirsty. The more active you are, the more you should drink.

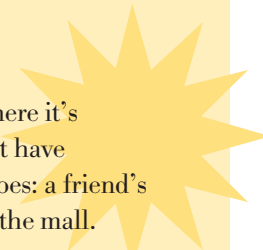
tip
two

Avoid coffee or alcohol.

Caffeine and alcohol cause your body to lose water, which can be a threat to your health in hot weather.

tip
three

Stay air-conditioned.



Spend more time inside, where it’s air-conditioned. If you don’t have air conditioning, go somewhere that does: a friend’s house, senior center, public library or the mall.

If you can’t get out, stay on a lower floor where it’s cooler and open the windows. Use a fan only if the outside air is cooler than the inside air. Also, keep curtains or blinds closed during daylight hours to block out the sun.

tip
four

Take a cool shower.

A cool shower or bath can be more effective than using a fan.

tip
five

Dress cool.

Wear loose, light-colored clothing and a wide-brimmed hat during peak sun.

Loose-fitting clothes allow air to circulate and help the body throw off heat.

tip
six

Avoid the sun.

Sunburn affects your body's ability to cool itself and causes loss of fluids. If you must be outdoors, apply sunblock SPF 15 or greater.

Stay in shaded areas when possible, or use an umbrella. Best of all, plan outdoor activities in the early morning or evenings, when temperatures are cooler.

tip
seven

Call a neighbor.

Have a friend or neighbor check on you twice a day during heat waves.

tip
eight

Pace yourself.

Rest often in cool or shaded areas. Also, limit physical activity during periods of high heat and sun.

tip
nine

Eat light.

Avoid hot foods and heavy meals, which only add heat to your body.

Also, use your stove and oven less to keep room temperatures lower. If you must heat food, use a microwave. Add cool foods like watermelon, cantaloupe, Jell-O™ or other fruits to your summer diet.

tip
ten

Be Heat Smart and stay Heat Healthy!

If you experience any of the signs of heat stress, follow the tips we've outlined and seek medical help immediately.

Are you a Philadelphia senior looking for practical solutions to other everyday problems? The PCA Helpline is always there for you. Call **215-765-9040**.