

# Preventing Heat-related Illness: Adults & People with Chronic Medical Conditions

*Adapted from Centers for Disease Control and Prevention recommendations.*

**P**eople aged 65 years or older are less likely to sense and respond to changes in temperature. People with a chronic medical condition are also less likely to sense and respond to changes in temperature and they may be taking medications that can worsen the impact of extreme heat. People in these categories should be given and reminded of the following information:



- Stay in air-conditioned buildings as much as possible. Call 211 for help locating an air-conditioned place in your area.
- Use windows and shades to keep your home cooler. Open windows at night. Close windows and shades in the morning to keep house cool during the day.
- Do not rely on a fan as your primary cooling device during an extreme heat event. Use fans to move air but do not point them directly at you as this may speed dehydration.
- Drink more water than usual and do not wait until you are thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

## Closely monitor people who depend on you for their care:

- ▶ Are they drinking enough water? ▶ Do they have access to air conditioning?
- ▶ Do they know how to stay cool?

For more information visit: <http://www.cdc.gov/extremeheat/seniors.html>

**For local resources and help, call 211.**

**IT'S HOT  
OUTSIDE!**  
**STAY COOL.  
STAY HYDRATED.  
STAY INFORMED.**

