

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

Heat Safety Checklist for Intake Protocols, Home Visits & Phone Contacts

Questions to Ask

Caregivers, friends and neighbors of the elderly should consider the following:

Action 1. Would you like someone to call or visit your home now, or during a hot day, to make sure you're cool and safe? Yes No

➔ Visit or have contact with older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke. Lie down and loosen your clothing.

Action 2. Do you use an air conditioner to help keep you cool at home? Yes No

➔ Provide access to an air conditioner, and if none is in the residence, transport the person to a store, public library, restaurant, senior center, or cooling center.

Action 3. If you do not use an air conditioner, do you have another way to stay cool? Yes No

➔ Assure access to cooling water (bath, shower, wet towels).
➔ Make sure older adults have access to an electric fan, though this is not reliable once the temperatures are above the mid-90s.

Action 4. If you do not use an air conditioner, would you like to go somewhere that is cooler? Yes No

➔ Provide access to an air conditioner, and if none is in the residence, transport the person to a store, public library, restaurant, senior center, or cooling center.
(This option is repeated for emphasis)

Action 5. Are you wearing cool clothing today? Yes No

➔ Make sure the person has clothing that is loose and lightweight

Action 6. Are you drinking enough fluids today? Yes No

➔ Assure adequate fluid intake (4-8 cups of liquid, depending on time of day and medical needs)
➔ Avoid drinks that contain caffeine, alcohol, or large amounts of sugar

Reference: State of New Hampshire Excessive Heat Emergency Response Plan. NH DHHS, Function 8 27. 2011. Page 26-27. <http://www.dhhs.nh.gov/dphs/climate/documents/nh-excessive-heat-plan.pdf>

For local resources and help, call 211.

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

