

## Protecting Older Adults from

# EXTREME HEAT



Older adults are more vulnerable to heat-related illnesses due to age-related changes in the body, chronic health conditions, and certain medications. As extreme heat events become more common due to climate change, it's vital to stay prepared and safe.

## Tips to Stay Cool and Safe



Stay indoors during peak heat. Use air conditioning or visit cooling centers.



Avoid strenuous activities during the hottest parts of the day.



Dress for the weather. Wear loose, light-colored clothing.



Take cool showers or baths to lower body temperature

## Hydration is Key



Drink water throughout the day - don't wait until you are thirsty.



Avoid alcohol and caffeine, which can dehydrate you.



Check urine color. Light yellow usually means you are well hydrated.



hydrated



dehydrated

## Be Alert for Heat-Related Symptoms

Heat Exhaustion or Stroke can show as:



Nausea



Headache



Rapid  
Heartbeat



Dizziness &  
Confusion

If symptoms appear, move to a cool area and seek medical help.

## Medication and Health Awareness



Some medications increase risk of dehydration or overheating.



Talk with your doctor about how heat may affect your prescriptions.

## Air Quality Matters



If Air Quality Index (AQI) is over 100, limit outdoor activities.



Use air purifiers indoors if smoke or pollution is present.

## Prepare for Power Outages



Have a backup plan for medical devices and refrigerated medications.



Keep emergency contacts and supplies ready.