

Summer Safety Tips

Hot weather is dangerous and seniors are particularly prone to over exposure. Elderly heat stroke and heat exhaustion are a real problem and can come on fast.

Guidelines for Keeping Safe in Hot Weather:

- **Drink plenty of liquids (water)** dehydration is the root of many heat related health problems. Drink plenty of water, even if you're not thirsty. Avoid caffeinated drinks as they can also cause dehydration.
- **Wear appropriate clothes** when it's hot out wear light-colored, lightweight, loose-fitting clothes and a wide brimmed hat. An old Swedish saying says, "There's no such thing as bad weather, only bad clothes."
- **Stay indoors during the hottest part of the day** during periods of extreme heat the best time to go out and about is before 11am and after 5pm when the temperature tends to be cooler. For days that it is over 90 degrees out.
- **Take it easy** avoid doing strenuous activities outdoors when it's hot.
- **Keep an eye on the heat index** if the heat index is too high, don't bring residents outside
- **Know the warning signs of heat-related illness** dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.