



Summer Safety

Preparing For the Summer Heat

- Senior adults are affected by prolonged heat waves of over-90 degree temperatures. Many blood pressure and heart disease medications are diuretics and remove salt and fluid from the body. Drink plenty of water, at least 8 glasses a day in hot weather to avoid dehydration and heat-related illnesses.
- Be careful of drinks with alcohol or caffeine in them. They actually deplete the body of its water.
- Wear sunscreen when outdoors. Make sure the SPF is at least 30-50 and the time spent in the sun should be limited from 10 a.m. to 4 p.m.
- Try to do outdoor activities morning or evenings hours.
- Eat smaller meals more often. Avoid food high in proteins since they increase metabolic heat.
- Wear loose fitting, light colored clothing and a hat when in the sun.
- Check the ozone levels daily in the newspaper or television weather.
- Be aware of symptoms of heat stroke and heat exhaustion.
 - ❖ High body temperature
 - ❖ Red skin with no sweating
 - ❖ Rapid pulse
 - ❖ Headache, nausea or confusion

