

Summer Heat Safety Tips for the Elderly

People aged 65 years or older are less likely to sense and respond to changes in temperature. People in this category must be given and reminded of the following information.

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're 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](http://www.cdc.gov/extremeheat/warning.html) like muscle cramps, headaches, nausea or vomiting.

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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 keep cool?