

IT'S **HOT** **OUTSIDE!**

**STAY COOL.
STAY HYDRATED.
STAY INFORMED.**

**Hot weather can be a serious health risk for seniors!
When the temperature rises above 80 degrees, take action to stay
cool, hydrated, informed, and healthy.**

Stay cool

- **Spend time in an air conditioned place** on hot days when the temperature rises above 80 degrees.
- **Make a plan to spend time somewhere air conditioned** in your community if your home is too hot, like your senior center or library.

If you cannot get to air conditioning:

- **Use a fan**, but fans may not help you cool off if temperatures rise above 90 degrees (A/C is best on very hot days).
- **Take a cool bath or shower, or cool your skin with a damp washcloth or ice pack.**

Stay hydrated

- **Drink more water than usual** during hot weather. Don't wait until you're thirsty to drink.

Stay informed

- **Keep track of your local weather report.** Watch for when the temperature rises above 80 degrees, and keep an eye out for information about heat safety.
- **Check in with a friend or relative twice a day** to let them know that you're staying cool, hydrated and healthy.

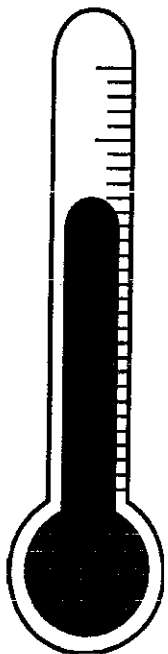
Seniors can get sick on hot days because your body has a harder time sensing heat and staying cool as you get older. Heat-related illness can happen when the temperature rises above 80 degrees, so stay cool, hydrated, and informed all summer long.

Some health conditions and medications make it harder for your body to handle hotter temperatures. **Talk to your doctor** about how hot weather might affect you and follow their recommendations.



Common heat-related health problems include heat exhaustion, heat stroke, heart trouble and respiratory disease. **Seek medical care immediately if you or someone you know has symptoms of heat illness like muscle cramps, headaches, nausea, or vomiting.**

If you need help staying cool, call ServiceLink, 211, or your senior center. Ask about cooling centers in your community, senior ride programs that can help you get somewhere cool, or volunteer programs that can help you install an air conditioner or sign up for a daily phone call if you don't have anyone to check in with on hot days.



100°F – It's seriously hot! Move to A/C as soon as you can.

95°F – Hot enough for a heat advisory: hydrate and stay cool.

90°F – Don't depend on a fan: get to A/C soon to cool off.

85°F – It's heating up! Fans are ok, although A/C is best.

75°F – Perfect summer weather. Drink plenty of water!