

Heat Stress Prevention Tips

Each year, more people die from heat waves than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Anyone can become sick from too much heat, but older adults in particular are more vulnerable.

Following these simple steps from the Centers for Disease Control & Prevention can save lives and reduce risk:

- If your home is not air-conditioned, visit air-conditioned buildings in your community, such as a library senior center, or shopping mall
- Take a cool shower or bath
- Drink plenty of water
- Wear lightweight, light-colored, and loose-fitting clothing
- Avoid strenuous activities
- Ask your healthcare provider if the medications you take increase your risk to excessive heat events
- Watch for warning symptoms such as hot and dry skin, confusion, hallucinations, and aggression
- Call 911 if medical attention is needed

