Beat the Heat

8 Simple Steps for Older Adults

Each year, more people die from "excessive heat events" — or heat waves — than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

Following these simple steps can save lives and reduce risk:

Visit air-conditioned buildings in your community if your home is not air-conditioned

Take a cool shower or bath

Drink plenty of water

Wear lightweight, light-colored, and loose-fitting clothing

Avoid strenuous activities

Ask your health care provider if the medications you take increase your risk to excessive heat events

Visit at-risk individuals and watch for warning symptoms such as hot and dry skin, confusion, hallucinations, and aggression

Call 911 if medical attention is needed

For more information on how individuals and communities can stay safe during heat waves visit www.bt.cdc.gov/disasters/extremeheat/index.asp

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EPA Publication #430-H-05004