



Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. If you are an older adult or a caregiver, review this page for information on how you or the person you are caring for can stay safe during the year.

Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect **the body's ability to control its temperature or sweat.**
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Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home does not have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it is very hot outside.
- Drink more water than usual and do not wait until you are thirsty to drink. (If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.)
- Do not 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.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

CAREGIVER'S CHECKLIST

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show any signs of heat stress?

SEEK MEDICAL CARE IMMEDIATELY

if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.