BEAT THE HEAT

The high summer temperatures can cause severe heat-related illnesses, especially for older adults and those with chronic conditions. The hot, humid weather increases the body's temperature, straining the heart and blood vessels and leading to heat stress, also known as hyperthermia.

In case of a life-threatening emergency
CALL 911

A plan for you from the:
Onondaga County Department
of Adult & Long Term Care Services
315-435-2362

According to the CDC, factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use

Heat Stroke (What to Look For)

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Heat Exhaustion (What to Look For)

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache

Tips To Prevent Heat Stress and Dehydration:

Keep Cool
Spend as much time as possible in air-conditioned surroundings, such as your home, a shopping mall, a public library, or a senior center. Take cool baths, sponge baths, or showers.

Drink Often
Drink plenty of fluids, particularly water, even if you do not feel thirsty. Your body needs water to keep cool. Avoid beverages containing alcohol or caffeine.

Slow Down
It takes time for the body to adjust to hot temperatures. Lie down and rest. Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).

Use Ventilation
Fans can draw cool air inside at night and help circulate the air during the day.

Wear Light Clothing
Wear loose-fitting, lightweight, light-colored clothing. When outside, put on a hat to protect your head and neck.