


Stay Cool!

- Remain in air-conditioned places, or use fans, during the hottest part of the day (11am-3pm).
- Keep cool by: staying on the lowest floor of your home, limiting use of the oven, closing shades during the day, and opening windows at night.
- Use cool, wet cloths on your neck, or take a cool bath or shower.
- Wear loose, lightweight clothing and natural fabrics such as cotton.



If you do not have a fan or air conditioner, the Home Energy Assistance Program (HEAP) can help eligible persons obtain one. Contact Onondaga County HEAP at 315-435-2700, prompt #1.

Watch the Weather

- High humidity keeps your body from releasing heat as fast as it may need to. 
- Avoid outdoor physical activity when it is very hot or humid, or if an air pollution alert is in effect.
- In case of a weather emergency, keep supplies on hand: flashlight, batteries, bottled water, non-perishable foods, essential medicines and hygiene items.

Medications & Dehydration

- Some medications can make dehydration worse.
 - Diuretics (water pills) – you may take these if you have high blood pressure or heart problems.
 - Laxatives
 - Chemotherapy treatment


Ask your healthcare provider if you have questions about the medications you are taking.

Heat-Related Illness

Symptoms 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)

What to do if you notice these symptoms:

- Call 911 right away- 
Heat Stroke is a medical emergency
- Move to a cooler place
- Lower your body temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Stay Hydrated!

Tips to maintain hydration:

- Drink water, milk, unsweetened fruit juice
- Avoid caffeinated, sugary or alcoholic drinks
- Add liquids throughout the day
- Load up on fruits and vegetables like watermelon, strawberries, tomato, lettuce, and cucumber

*DO NOT wait until you feel thirsty to drink fluids. With age, many people lose their sense of thirst.

Symptoms of dehydration include:

- Feeling very thirsty
- Dry mouth
- Confusion and/or disorientation
- Muscle cramps
- Loss of appetite
- Feeling tired



Source: Dietary Guidelines for Americans

The Onondaga County Department of Adult and Long Term Care Services

Office for Aging

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**In case of a life threatening
emergency – Call 911**

Staying Safe in the Heat



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