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## **When the heat is on, encourage your relative to keep cool!**

As people become older, their bodies become less able to respond to long exposure to heat. During hot and humid weather, a buildup in body heat can cause heat stroke or heat exhaustion in the elderly. This is especially true of those with heart and circulatory disease, stroke, or diabetes.

Measures can be taken to avoid heat-related illnesses. Encourage your older relative to:

- Remain indoors in an air-conditioned room. If the home is not air-conditioned, suggest they go to a cool public place (like a library, movie theater, or store) during the hottest hours.
- Take baths or showers, place ice bags or wet towels on the body, and use electric fans.
- Stay out of direct sunlight and avoid strenuous activity.
- Wear lightweight, light-colored, loose-fitting clothing that permits sweat to evaporate.
- Drink plenty of liquids, such as water, fruit and vegetable juices, and iced tea to replace the fluids lost by sweating.
- Above all, take the heat seriously, and don't ignore danger signs like nausea, dizziness, and fatigue.