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SeniorLink
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HOT WEATHER TIPS

The following tips are recommended for protection against heat-related illnesses during summer and fall months.

DO:

- *Drink plenty of fluids.
- *Wear loose fitting cotton clothing.
- *Wear a hat with a wide brim when exposed to direct sunlight.
- *Ask your doctor if you need to make changes to daily medications when exposed to high temperatures.
- *Keep electric lights down low or turned off.
- *Keep shades drawn and blinds closed, but windows slightly open.
- *Take a cool bath or shower periodically.
- *Keep contact with your family and friends.

DON'T:

- *Perform unnecessary physical activity if you are outside or in a non air-conditioned building.
- *Go out in the heat or direct sunlight whenever possible.
- *Eat heavy meals.
- *Drink alcoholic beverages, coffee and cola.
- *Wait in, or leave anyone unattended in, closed cars or other vehicles because heat build-up exceeds tolerance levels very quickly. The result can be serious illness or death.

Common symptoms of heat related conditions include:

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| *Profuse sweating | *Weakness | *Dizziness |
| *Headache | *Dim or blurred vision | *Cold damp skin |
| *Extreme tiredness | *Nausea | *Hot dry skin |

**IF YOU NEED EMERGENCY MEDICAL ATTENTION
CALL 911 IMMEDIATELY.**