

July 2017



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Be Safe in the HEAT

It is that time of year where people like to spend time outdoors either doing leisure activities or completing chores. During the summer months however, the risk of dehydration, heat stroke and heat exhaustion is increased. People 65 years and older are less likely to sense and respond to changes in temperature. This increases their risk for heat related injuries.

On average more than 600 hundred deaths from extreme heat events occur each year in the United States. Whether you choose to participate in a hobby, exercise or work outside you must take the necessary precautions to ensure your safety and the safety of those you care for comes first.

Remembering the following topics will help you stay safe when enjoying outdoor activities.

- Stay Cool
- Stay Hydrated
- Stay Informed



Stay Cool

- Stay in air-conditioned buildings
- Contact the Aging and Disability Resource Center (877)925-0037 to locate an air-conditioned shelter in your area
- Do not rely only on a fan to cool you
- Limit outdoor activity, especially mid-day when it is the hottest, and avoid direct sunlight.
- Wear loose, lightweight, light colored clothing
- Take cool showers or baths to lower body temperature.
- Check on friends or family at risk at least two times a day.

Stay Hydrated

- Drink more than usual and don't wait until you are thirsty to drink.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family and friends are drinking enough water

Stay Informed

- Check your local news for extreme heat warnings and safety tips.
- Visit your local health department for tips for preventing heat sickness.
- Keep your friends and family aware of weather and heat safety information.

HEAT EXHAUSTION

Symptoms:

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

EMERGENCY NUMBERS:

911—EMERGENCY

Aging and Disability Resource Center 1(877) 925-0037 to reach the ADRC in your area.

References:

https://www.cdc.gov/extremeheat/materials/press_release.pdf

Heat Exhaustion—What you should do?

- Move to cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomiting and it continues, seek medical attention immediately

HEAT STROKE

Symptoms:

- High body temperature above 103 degrees F.
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

Heat Stroke—What you should do

- Call 911 immediately—This is a medical emergency
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- **DO NOT** give fluids.

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<http://chfs.ky.gov/dail/default.htm>