



Six Tips for Older Adults to Stay Cool This Summer

Warm weather brings opportunities to enjoy time outdoors, visit with friends and family, and stay active. However, high temperatures can pose unique health risks for older adults. Taking a few simple precautions can help you stay healthy and make the most of the season.

- 1. Stay hydrated.** Drink water throughout the day, even if you don't feel thirsty. Proper hydration helps your body regulate temperature and prevents dizziness, fatigue and other heat-related concerns.
- 2. Find cool places.** Spend time in air-conditioned spaces whenever possible. If your home isn't air-conditioned, visit a library, community center, shopping mall or another cool public location. You can even go to the movies during the peak heat!
- 3. Avoid peak heat hours.** Temperatures are often highest between noon and 3 p.m. Plan outdoor activities for the morning or evening, and take breaks in the shade when outside.
- 4. Read medication warning labels.** Do you know all of your medications' side effects? If you take medicine that constricts your blood vessels (Sudafed, some migraine medications), controls your blood pressure by inhibiting adrenaline such as beta-blockers, or cause you to urinate more frequently (diuretics like furosemide), you need to be extra careful about staying hydrated in the heat. Ask your pharmacist if you're not sure.
- 5. Dress for comfort.** Choose lightweight, loose-fitting and light-colored clothing to stay cooler. A wide-brimmed hat and sunscreen can help protect you from the sun's harmful rays.
- 6. Check in with family and friends.** Hot weather can become dangerous quickly. Stay connected with loved ones and watch for signs of heat-related illness, including dizziness, fatigue, nausea and confusion.



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