



**SENIOR SERVICES**  
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB  
WILLIAMS ADULT  
DAY CENTER

MEALS-ON-WHEELS

**HELP LINE**

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

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## STAY COOL

Summer heat requires special consideration for everyone, especially for seniors. Heat cramps, heat exhaustion, and heat stroke are major health problems that are directly related to exposure to extreme heat. *Contact your physician immediately for treatment if you suspect any of the conditions listed below.*

*Heat cramps* are muscular pains and spasms usually involving the abdominal and leg muscles. They occur following over-exertion in hot weather.

*Heat exhaustion* occurs when body fluids are lost through heavy sweating. Blood flow to the skin increases and that causes a decrease in blood flow to the body's vital organs. If not treated promptly, heat exhaustion can result in a mild form of shock. Symptoms of heat exhaustion include dizziness, weakness, and fatigue.

*Heat Stroke* is life threatening! Heat stroke occurs when the body's temperature control system stops working. The body temperature will rise so high that brain damage and death may result if the body is not cooled quickly.

Below are some tips to protect yourself from extreme heat exposure:

- ❖ Drink plenty of water, even if you are not thirsty! Drink six to eight glasses of water daily or choose pure fruit juice (no sugar added) as another option. Tea and coffee dehydrate the body of essential fluids and sodas add more salt (sodium) to the body.
- ❖ Stay out of the hot sun. If you must be out doors, wear a wide brimmed hat or use an umbrella to shade your face.
- ❖ Avoid physical activities or yard work during the heat of the day.
- ❖ Keep cool air circulating in the home by using fans or air-conditioning.
- ❖ If you do not have air-conditioning, spend as much time as possible in an air-conditioned environment.
- ❖ Wear lightweight, light-colored summer clothing.
- ❖ Eat several small, light meals versus hot, heavy meals during the day.
- ❖ Sponge off arms, neck and face with cool water during the day or take a cool bath.
- ❖ Avoid sitting in or falling asleep in a hot, unventilated room.
- ❖ Medical conditions that cause poor blood circulation and medications that help get rid of water from the body (diuretics) may make you more susceptible to the effects of heat. Consult with a physician if you have questions about how your medical conditions or medications may affect your ability to tolerate heat.

Remember - "Stay Cool" during the hot summer months.

This information is provided to the consumer by Senior Services' Help Line (724-2040), a hub of the Forsyth County Community Resource Connection. 3/2010