

# Tips for Staying Healthy in Hot Weather

Senior citizens may be at risk of becoming dehydrated or a victim of heat exhaustion or heat stroke if they do not take proper steps toward prevention.

Please remember to:

- ☺ Drink plenty of water and non-alcoholic beverages to stay cool and hydrated. Drink even if you do not feel thirsty. Persons who 1) have epilepsy or heart, kidney, or liver disease, 2) are on fluid restrictive diets, or 3) have a problem with fluid retention **should consult a physician** before increasing their consumption of fluids.
- ☺ Wear lightweight, light-colored clothing which reflects heat and sunlight, helping your body maintain normal temperatures.
- ☺ Eat light - Heavier, fatty foods are harder to digest in hot weather. Foods that increase metabolic heat production also increase water loss.
- ☺ Slow down - Strenuous activities should be reduced or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- ☺ Do not drink alcoholic beverages.
- ☺ Be aware of the effect medications can have. Many over-the-counter drugs may reduce the body's ability to cool itself. Decongestants constrict blood vessels under the skin. Many heart medications, such as beta-blockers and calcium blockers, lower blood pressure.
- ☺ Spend time in air-conditioned places if you can. Air conditioning greatly reduces the danger from heat. If you do not have air conditioning, spending some time each day in a public place with air conditioning will afford some protection. See the cool center locations on the web page at [www.baycounty-mi.gov/Aging/](http://www.baycounty-mi.gov/Aging/)
- ☺ Stay out of the sun - Sunburn makes the job of heat dissipation that much more difficult. Wear sunscreen or protective clothing if you must be outside in the



Please pass these tips along to anyone you know who may be at risk of heat complications during these hot days.