

# Beat the Heat

## 8 Simple Steps for Older Adults

Each year, more people die from “excessive heat events” — or heat waves — than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

**Following these simple steps can save lives and reduce risk:**



Stay in air-conditioned buildings in your community if your home is not air-conditioned

Take a cool shower or a cool bath

**Drink** plenty of water

**Wear** lightweight, light-colored, and loose-fitting clothing

**Avoid** strenuous activities

**Ask** your health care provider if the medications you take increase your risk to excessive heat events

**Visit** at-risk individuals and watch for warning symptoms such as hot and dry skin, confusion, hallucinations, and aggression

Call 911 if medical attention is needed

