

When you're
feeling the **heat**
this can be a
lifesaver.



Tips on keeping cooler and healthier during summer heat waves.

Drink lots of water.

Eight glasses a day will keep you hydrated.

Avoid coffee or alcohol.

They cause your body to lose water.

Stay air-conditioned.

If you don't have air conditioning, seek it out at a friend's house or the mall. If you can't get out, stay on a lower floor where it's cooler and open the windows.

Dress cool.

Wear loose, light-colored clothing and a hat during peak sunlight. Use sunblock of SPF 30 or greater.

Call a neighbor.

Have a friend or neighbor check on you twice a day during heat waves.

Know the signs of heat stroke.

If you experience high fever, flushed face, throbbing headache, confusion, little or no perspiration, rapid pulse—seek medical help.

Cut out and save.

For more tips on how to beat the heat, call the PCA Helpline.

215-765-9040

PCA

PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

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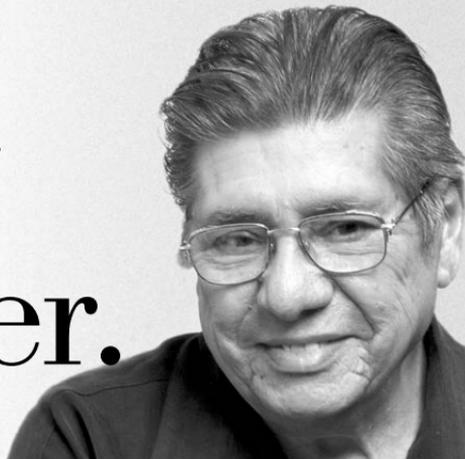
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