

May 2002



# Health Matters

Part 2



## You are more at risk for Heat Stress if you:


(✓) Check all that apply

- Have heart or kidney failure
- Have high blood pressure
- Have diabetes
- Take "water pills"
- Are overweight or underweight
- Have had a stroke
- Have an infection or fever
- Have vomiting or diarrhea
- Drink alcohol or caffeine
- Have no air conditioning

**Talk to your doctor about your medications and medical conditions to see if you are at a higher risk for Heat Stress.**

## Beat the Heat!

### Prevent Heat Stress **INDOORS** by:

- Staying in cool areas. (If you do not have an air conditioner, consider a visit to a senior center, shopping mall, or public library for a few hours.)
- Using a fan, but only when there is cooler air blowing.
- Taking a cool shower or bath. It is an effective way to cool off.
- Using your stove/oven less to maintain a cooler temperature in your home.
- Avoiding hot foods and heavy meals. They add heat to your body. 
- Keeping insulated curtains, drapes, or blinds closed during daylight hours.
- Having a friend, relative or neighbor check on you twice a day during heat waves.

### Prevent Heat Stress **OUTDOORS** by:

- Drinking plenty of water. Avoid alcohol or caffeine (they are dehydrating).
- Wearing lightweight, light-colored, loose clothing (cotton blends are best).
- Wearing a wide-brimmed hat, or using an umbrella for shade.
- Using a sun block with SPF 15 or higher. Sunburn affects your body's ability to cool itself and causes loss of fluids.
- Pacing yourself. Take frequent rest periods in the shade or a cool area.
- Limiting your physical activity.
- Limiting your time outdoors in the heat. Go out early morning or late afternoon.

# PCA

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