

Extreme Heat Tip Sheet

HYDRATE!

Water keeps the body hydrated and low-sugar sports drinks help replace nutrients. Fill a water bottle before you leave home and refill it as you go through your day.

LISTEN TO YOUR BODY

Learn to recognize symptoms that can mean you are becoming dehydrated: headache, fatigue, dizziness and dry mouth are some of the clues.

TEAMWORK

Daily communication between seniors and their caregivers is crucial. Check in on older family members to confirm they are staying cool and hydrated.

TALK WITH THE DOCTOR

Ask the doctor or pharmacist how hot weather activities and medicine may impact each other. Look for warnings about sunburn, dehydration and other concerns.

CHECK COOLING SYSTEMS

Check over air conditioning units and fans before the high heat hits. Change out filters and have Freon added by a professional, need be.

HAVE A CLEAR "PLAN B"

If there's a serious power outage or water main break, where will you go to stay cool? Talk with family and research whether "cooling stations" are available in your area.



*Going above
and beyond for you!*

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