



Beat the Heat:

Recognize Dehydration Before It Strikes!

Everyone knows what it is like to be thirsty, but the line between thirst and dehydration – especially for people over age 65 – is thin. By the time thirst strikes, you are already dehydrated. Learn the signs: they can make all the difference between a quick drink and going to the ER.



Thirst

When you are thirsty, drink – and keep drinking, especially in high heat.



Headache

Heat can bring on a headache or make the one you already had much worse.



Fatigue and dizziness

Feeling woozy? Sit down and drink.



Confusion

Dehydration can induce it or make it worse for people with memory issues.



Dry mouth

Licking your lips? It's a sign you need water.



High heart rate

It can quickly drive your heart beat up over 100 beats per minute.



Not “going”

If you're not urinating, your body is not efficiently using fluids.

Have a family member, friend or neighbor over age 65? Check in regularly to make sure they are “beating the heat” safely.

Learn more at www.peninsulahomecare.com in the “Resources” section of our website.



Going above
and beyond for you!



Seven Tips for Preventing Dehydration

Dehydration is most commonly associated with being out in the sun, but it can also happen because of illness or fever, lack of air conditioning, diabetes and more. Following these tips to stop it before it happens:

- 1. Hydrate** with water and low-sugar sports drinks.
- 2. Keep a travel bottle** with you at all times.
- 3. Listen to your body** to recognize warning signs. (See other side!)
- 4. Ask the pharmacist** about how medication, heat and activity could impact you.
- 5. Verify** that air conditioning and fans are working.
- 6. Plan bathroom breaks.** Don't skip drinking because you're worried about finding a bathroom.
- 7. Know your resources.** What will you do if there's a power outage or you're air conditioner breaks? Discuss with family and friends and know where there are "cooling stations" in your area.



Need a new water bottle? Join Peninsula Home Care's free OWL (Older & Wiser Living) Club and we'll send you one with your welcome kit!

Visit www.peninsulahomecare.com and click the OWL logo on the home page for more information.



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