

Summer Safety Tips For Seniors

As temperatures rise, so do the health risks for older adults. While summer brings sunshine and longer days, it can also increase the risk of serious heat-related illnesses, especially for seniors. Aging bodies regulate heat less effectively, and certain chronic health conditions or medications can make older adults even more vulnerable. That's why it's so important to recognize the warning signs of heat-related stress.

As we age, our bodies become less efficient at cooling down through sweating and circulation. Older adults also tend to have a reduced sense of thirst, meaning they may not feel thirsty even when they are becoming dehydrated. Staying hydrated, keeping cool, and recognizing the early signs of heat-related illness can help prevent serious health complications and ensure a safe, enjoyable summer.

TIPS FOR SENIORS

STAYING SAFE IN THE *Summer Heat*

As summer heats up, older adults are more vulnerable to heat-related illnesses.

Stay cool, stay hydrated, stay safe.



STAY HYDRATED

Drink water regularly, even if you don't feel thirsty.



STAY COOL

Avoid the hottest hours of the day and seek shade or stay indoors.



KNOW THE SIGNS

Learn the signs of heat exhaustion and heat stroke.



GET HELP

Seek medical attention immediately if symptoms occur.



HEAT STROKE IS A MEDICAL EMERGENCY.
Call 911 immediately if you suspect someone is experiencing heat stroke.



Warning signs include:
high body temperature, confusion, hot or dry skin, rapid pulse, and loss of consciousness.