

# SUMMER HEALTH TIPS FOR SENIORS

CAREGIVERS



Summer Tips for Seniors

## Stay Healthy This Summer: Tips for Seniors

*When the sun is out, so are many seniors. There's plenty of fun to be had in the summer months but caregivers and their seniors also face unique risks.*

According to the CDC, around 31% of weather-related deaths in the US are due to heat-related issues. Seniors, especially those with cardiovascular issues, are at increased risk of health problems resulting from heat exposure. Caregivers and seniors can stay cool using these tips.

### Tip 1: Pay Attention to Heat Wave Reports

When you check the weather, **pay attention to reports of heat waves**. A combination of humidity and temperature, heat waves can affect the body temperature dangerously. There are three progressive levels of heat wave indicators to look for:



Excessive Heat Watch



Excessive Heat Warning



Heat Advisory

A heat watch indicates that a heat wave may be swelling up, increasing the risk of heat-related health problems. At this point, relocate any outdoor plans you have for the next two days to the indoors.

Heat warnings indicate a heat wave is imminent. Seniors should prepare for outages and being homebound for a few days. Once a heat advisory is issued, seniors need to stay inside cool buildings and drink plenty of water. (Red Cross)

### Tip 2: Stay Hydrated

One of the best ways to prevent heat-related health problems is simply to stay hydrated. Avoid caffeine, which actually dehydrates the body. Drink **8 glasses** of water, fruit juices, and even healthy sports drinks to stay cool and filled up with needed fluid.



### Tip 3: Protect Your Skin

You're never too old to suffer from sunburn. Protect your skin against sunburn and even skin cancer simply by applying sunscreen with an **SPF of 30 or more**. Wear hats and light clothing too.



### Tip 4: Find Cool Places to Spend Time

Air conditioning enables people to enjoy summer comfortably and safely. Some states offer low-income citizens, including many seniors, financial assistance paying energy bills. Another option for staying cool indoors is **visiting places with air conditioning**, like senior centers, movie theaters, or local libraries. (Benefits.gov)



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## Tip 5: Avoid Unnecessary Heat Sources

Don't add heat to everyday living when it's already hot outside. Take lukewarm or cool showers or baths. Eat cold meals or room temperature foods. Seek transportation help instead of waiting outside for public transit.



## Tip 6: Dress for Summer Weather

Light, airy clothing is best in the heat. Tight, dark, thick clothing can be problematic. To ensure comfort in air conditioning and outdoors, dress in easy to remove layers.



## Tip 7: Recognize Signs of Heat-Related Emergencies

Being able to spot the signs of a heat-related emergency can save a life. Caregivers and seniors should pay attention to symptoms like:

- Headache
- Dizziness
- Lack of sweat
- Weakness or cramping
- Stomach problems or nausea
- Quickened heartbeat
- Difficulty breathing or shallow breathing
- Fatigue

Signs like these can be indicators of dehydration, heat exhaustion, or even heat stroke. If you notice these symptoms, take steps to cool off quickly and seek medical attention. (WebMD)



## Tip 8: Know How to Get Cool Quickly

If someone is overheated or begins to show signs of heat-related health problems, get them cool quickly. Getting cool can prevent overheating from becoming a medical problem or reduce the severity of a heat-related emergency. (Family Doctor)



## Packing for Outdoor Fun



Sunscreen  
(30 SPF+)



Water



Hat



Light Clothing



## How to Get Cool Quick

- 1 Get out of the heat and into a cool space
- 2 Remove excess clothing, including shoes & socks
- 3 Lie down and elevate the legs
- 4 Apply cool, wet towels  
Drink water or a sports beverage



## Home Care Tip:

Summer is exciting, but it's also naturally taxing on the body. Stay safe while enjoying outdoor activities by moving slowly, sticking to the shade, and having easy access to water.



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