



Caregiver and Eldercare Hot Weather Precautions Guidelines Checklist

- Instruct your aging loved one never stay in a closed parked vehicle during hot weather. Do not leave their pets in the car.
- Drink plenty of water on a regularly and often, even if you do not feel thirsty. Avoid drinks with caffeine or alcohol. Eat small meals and eat more often. make sure they are balanced and light meals.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine, pull the shades over the windows and use fans for cross ventilation. If possible take a cool shower or bath. Sponging off frequently with cool water is also effective.
- Wear sun block, hats, loose fitting, lightweight and light colored clothing. Light colors reflect away some of the energy's sun.
- Consult with your physician about the effects of sun and heat exposure while taking prescriptions drugs. Ask your physician if the medications you take can increase your risk for excessive heat events. Some of these medications would be diuretics, anti histamines, mood-altering or antispasmodic drugs.
- Avoid strenuous activities during the day.
- If possible don't use the oven during the day. Eat cold foods, such as fresh fruit and salads.
- Make sure your aging loved one's pets have plenty of water and a place out of the sun as well.
- Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly.
- At the first signs of heat illness (dizziness, nausea, headaches, muscle cramps) move to a cooler place, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if your condition does not improve.

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