



RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



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Staying Safe in the Heat

People 65 years or older are more prone to heat-related health problems.

This is because:

- Older bodies don't adjust as well to sudden changes in temperature.
- Some chronic medical conditions can change normal body responses to heat.
- Prescription medicines can affect the body's ability to control its temperature or sweat.

Tips to Deal with Extreme Heat

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook – it will make your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Caretaker Checklist

Keep a close eye on those in your care and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show signs of heat stress? Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating and elevated body temperature.

Source: U.S. Centers for Disease Control and Prevention



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes