

Who Is At Risk and Why

Reduce the Risk

The elderly, very young, physically impaired, obese and those that have been prescribed certain medications are the most susceptible to heat related illnesses.

Some prescription medications can have negative side effects if the user has prolonged exposure to the sun or takes part in outdoor physical activities in very hot weather.

Certain medications (e.g., diuretics, anti-psychotics, tranquilizers, antidepressants, blood pressure medications and over-the-counter sleeping pills) can impair the body's ability to regulate its temperature or inhibit perspiration under similar conditions. All of these risks are amplified when combined with alcoholic beverages.

Seniors, and their families, should always read the warning labels on medication and check with a physician or pharmacist to avoid harmful side effects. Never alter or change a medication schedule without consulting a physician first.



- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Errands
- Shopping
- Doctor Appointments
- Respite for Family Caregivers
- Rewarding Companionship

Solution ...



Beat The Heat! Summer Help For Seniors

Ways to Help Seniors Beat the Heat



**A guide for family, friends
and loved ones**

Senior Homecare
by Angels

For more information visit:
www.cdc.gov/communication/tips/heat.htm



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