

# HOW TO HELP SENIORS AVOID HEAT EXHAUSTION

Summer is a dangerous time for seniors because their bodies can't handle heat as well as they used to. Help your loved one avoid overheating by taking preventative measures and watching out for symptoms of heat exhaustion.



## COMMON CAUSES OF OVERHEATING/DEHYDRATION

- Decreased blood circulation
- Inefficient sweat glands
- Weakness or fever
- Salt-restricted diet
- Side effects of certain medications
- Lifestyle factors
- Being over or underweight

## LOOK OUT FOR THESE SYMPTOMS

- Dizziness
- Thirst
- Headache
- Nausea
- Muscle spasms
- Fatigue
- Lack of coordination
- Cold, clammy skin



## PREVENTATIVE MEASURES

- Drink plenty of liquids to stay hydrated
- Avoid caffeinated or alcoholic drinks
- Keep the house cooler than usual
- Wear loose, light-colored clothing
- Wear sunscreen that's SPF 30 or higher
- Provide frozen treats like popsicles
- Serve fruit with high water content
- Close curtains or blinds to block the sun



**WHILE SUMMER IS A GOOD TIME FOR OUTDOOR ACTIVITIES,  
REMEMBER TO TAKE THE PROPER PRECAUTIONS TO KEEP  
YOUR OLDER FAMILY MEMBERS SAFE FROM THE SUN.**

**ARE YOU CONCERNED ABOUT YOUR AGING  
LOVED ONE LIVING ON THEIR OWN THIS SUMMER?**

**A.G. RHODES IS HERE TO PROVIDE  
SHORT- OR LONG-TERM CARE THEY MAY NEED.**

**CALL 877-918-6413**

**A.G. RHODES**  
HEALTH & REHAB