

1. Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness.
2. **Headache, confusion, dizziness, or nausea** could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.
3. To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

■ Get out of the sun and into **a cool place—air-conditioning is best.** **We have transportation to the COA for anyone who needs to come to us for a cooler environment**

Call 508-252-5947 ext. 3127 OR 508-962-4558

6. **Drink fluids, but avoid alcohol and caffeine.** Water and fruit or vegetable juices are good choices.
7. **Shower, bathe, or sponge off with cool water.**
8. **Lie down and rest in a cool place.**
9. Visit your doctor or **go to an emergency room if you don't cool down quickly.**

HEAT EXHAUSTION



TREATMENT OPTIONS

Get to a cooler, air conditioned area
Drink water if fully conscious
take a cool shower
use a cool Compress

HEAT STROKE



CALL 9-1-1 Immediately

Reduce Temperature Until
Emergency Services Arrive



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