



OFFICE ON AGING
ORANGE COUNTY

COPING WITH HOT WEATHER



Plenty of fluids

During hot weather, you will need to drink even if you don't feel thirsty. Seniors often lose their sense of thirst as they age. Avoid drinks containing alcohol or caffeine as they can cause you to lose fluids. Consult with your doctor if you or a family member have been prescribed a fluid-restricted diet or diuretics.



Wear appropriate Clothing and Sunscreen

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will keep your head cool. Sunburn affects your body's ability to cool itself and causes a loss of body fluids, so when outdoors, use a sunscreen of SPF 15 or higher.



Stay Cool Indoors

The most efficient way to beat the heat is to stay in a cool area. If you do not have an air conditioner or evaporative cooling unit, consider a visit to a mall or public library for a few hours. A cool shower or bath is also an effective way to cool off. Open your windows to cooling breezes or, particularly in the evening.



Use a Buddy System

Those with special sensitivity to the heat, such as children, the frail elderly and individuals on certain medications, should be prepared for power outages. If you are especially vulnerable to heat, have a friend or relative call to check on you twice a day.



Use Common Sense

Avoid strenuous activities during the hottest part of the day, usually mid to late afternoon. Avoid hot foods and heavy meals. Never leave infants, children, elderly or disabled persons or pets in a car. Bring your pets indoors with you to protect them. Give your outdoor animals plenty of fresh water, leave the water in a shady area and consider wetting the animal down.