Philadelphia Housing Authority Senior Programs

HOW TO AVOID HEAT STRESS

Good hot weather sense can go a long way.

These tips will help. Remember to ask your doctor if your medications and medical conditions put you at higher risk for heat stress.

You are also more at risk if you:

- Have heart or kidney failure
- Have high blood pressure
- Have diabetes
- Have breathing problems
- Take "water pills"
- Are overweight or underweight
- Have had a stroke
- Have an infection or fever
- Have vomiting or diarrhea
- Drink alcohol or caffeine
- Have no air conditioning

TIP 1 **Drink lots of water.**
Drink cool water every 15 to 20 minutes, even if you're not thirsty. The more active you are, the more you should drink.

TIP 2 **Avoid coffee or alcohol.**
Caffeine and alcohol cause your body to lose water, which can be a threat to your health in hot weather.

TIP 3 **Stay air-conditioned.**
Spend more time inside, where it's air-conditioned. If you don't have air conditioning, go somewhere that does: a friend's house, senior center, public library or mall.

TIP 4 **Take a cool shower.**
A cool shower or bath can be more effective than using a fan.

TIP 5 **Dress cool.**
Wear loose, light-colored clothing and a wide-brimmed hat during peak sun. Loose-fitting clothes allow air to circulate and help the body throw off heat.

TIP 6 **Avoid the sun.**
Sunburn affects your body's ability to cool itself and causes loss of fluids. If you must be outdoors, apply sun block SPF 15 or greater.

TIP 7 **Call a neighbor.**
Have a friend or neighbor check on you twice a day during heat waves.

TIP 8 **Pace yourself.**
Rest often in cool or shaded areas. Also, limit physical activity during periods of high heat and sun.

TIP 9 **Eat light.**
Avoid hot foods and heavy meals, which only add heat to your body. Also, use your stove and oven less to keep room temperatures lower. If you must heat food, use a microwave. Add cool foods like watermelon, cantaloupe, Jell-O or other fruits to your summer diet.

TIP 10 **Be Heat Smart and stay Heat Healthy!**
If you experience any of the signs of heat stress, follow the tips that are outlined on this sheet and seek medical help immediately.

The Philadelphia Housing Authority Senior Programs are here to assist you with any needs you may have.

Please feel free to contact us at 215.684.5893

Philadelphia Housing Authority
Building Beyond Expectations