

Heat Stroke and Exhaustion

Who Is At Risk?

- **Senior Citizens Have An Increased Risk-**

- Because The Ability To Feel Heat And Thirst Decreases With Age
- Can Occur When The Body Is Exposed To High Temperatures For Long Periods Of Time
- Especially When There Is High Humidity And Little Breeze Present.
- Not Drinking Enough Water, Alcohol Use, Heart Disease And The Use Of Certain Drugs Such As Diuretics.



Heat Exhaustion:

- **Body Temperature-** Is Normal Or Lower And The Skin Is Cold And Clammy
- Breathing Is Shallow And There Is Nausea
- Headache, Vomit, Weak, Dizzy Or Faint



Heat Stroke:

- The Body Temperature Is Gets To 105° Or Higher
- Skin Is Hot And Dry
- Heartbeat Is Rapid, Shallow Breathing, Nausea And Stomach Cramps
- May Appear To Be Confused
- Should Be Moved To A Shady Spot, Or An Air-Conditioned Room Indoors
- Seek Medical Care Immediately



What Can I do?

- **Drink Plenty Of Water**
 - Minimum Of 8 Large Glasses Per Day
 - Water Is Best, Avoid Drinks With Caffeine
- **Limit Exercise**
 - Never Exercise Without Talking With Your Health Care Provider
- **Wear-** Loose, Lightweight Clothing
- **Talk With Your Health Care Provider**
- **Talk With A Registered Dietitian-** About The Correct Foods To Eat
- **Talk With Health Care Provider and Physical Therapist-** For An Exercise Plan For You