



**Aging and Adult Services -  
Public Guardian**

# HOT WEATHER

## TIPS

### DANGER SIGNS

Hot weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during our summer months. A person suffering from the heat may not realize it. Be aware of the warning signs of heat-related illness, which include:

- Heat cramps: Painful muscle contractions, usually in the hamstring muscles.
- Heat exhaustion: Dizziness, fatigue, headache, rapid/weak pulse, pale or clammy skin.
- Heatstroke: Hot/dry/flushed skin, high body temperature, rapid heartbeat and confusion.

### PREVENTION TIPS

- Drink plenty of water. Carry a bottle with you when you are away from home.
- Wear loose fitting cotton clothing and hats with wide brims and carry an umbrella.
- Check with your doctor. Heat may affect your reaction to certain medications.
- Keep electric lights low or off, shades drawn and blinds closed and limit oven use.
- Stay in well-ventilated areas. Circulation of air helps you keep cool.
- Open a window or turn on a fan or air conditioner.
- Have a friend check up on you at different times of the day when it is very hot.
- Eat light meals and avoid alcohol and caffeine.
- Plan ahead so your outside activities are during the coolest part of the day.
- Avoid unnecessary activity and being in direct sunlight or a hot environment.
- Take your time. Do not run around in a hurry.
- Never wait in a car or leave people or pets in a car.
- Remember, excessive heat exposure can result in illness or death!

**Call Senior Information and Assistance at  
1-800-510-2020 to connect with resources and services.  
If you need emergency medical services, call 911 immediately!**

[www.SBCounty.gov/daas](http://www.SBCounty.gov/daas)