

# Baby, It's Hot Outside!

*NURSING NOTES by Jessica Decker, RN*

## **Heat-Induced Illness Signs and Symptoms:**

- Confusion
- Heavy Sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Feeling tired or weak
- Feeling dizzy
- Headache
- Fainting (passing out)



## **Why Are Seniors More Prone to Heat Stress?**

- ❖ Older adults do not adjust as well as young people to sudden changes in temperature.
- ❖ Seniors are more likely to have a chronic medical condition that changes normal body responses to heat (ex. chronic lung and heart conditions, obesity, and being sedentary).
- ❖ Older adults are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat (ex. blood pressure medications, diuretics, and anti-depressants).

## **What Can You Do to Stay Cool and Hydrated?**

- Stay in air-conditioned buildings as much as possible.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Wear loose, lightweight, light-colored clothing.
- Try to limit your outdoor activity to when it's coolest.
- Rest often in shady areas so that your body has a chance to recover.
- If you wish to go outside, please let your nursing staff know and sign out at the front desk.