

# STAY COOL! FOR OLDER PEOPLE

## Top Tips For Staying Cool During Hot Weather

### OUTSIDE

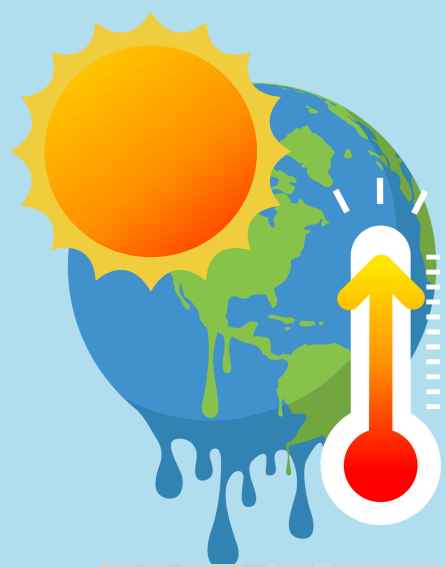
- Apply and reapply **sunscreen** of at least SPF 30
- Wear lightweight and light-coloured **clothing**
- Carry a **water bottle** with you and drink water throughout the day
- Wear a **hat**
- Try and stay in the **shade**
- Visit a **Cool Space** - see the back page
- Avoid spending time outside or exercising between **11am-3pm**
- Have you thought about **prescription sunglasses**? Talk to your optician

### AT HOME

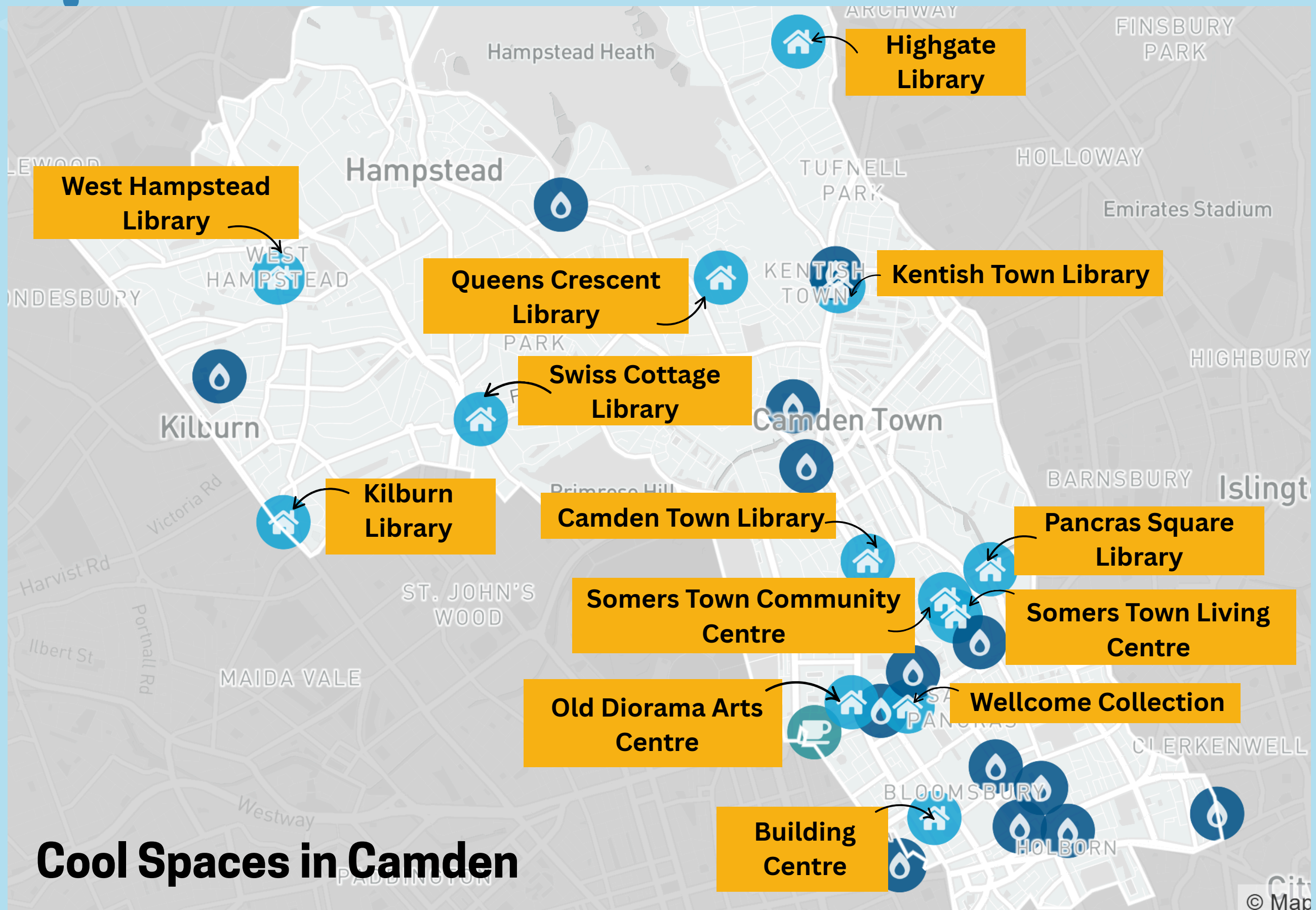
- Keep the **blinds** closed at home
- **Avoid alcohol, coffee and sugary drinks** as they are dehydrating
- Keep **eating**, even if you are not feeling too hungry
- Keep your **medication in the fridge** when it is really hot. Most medication should be kept below 25°C

## Feeling too hot? Here is what to do:

- Move to a cool place
- Remove unnecessary clothing like jackets and socks
- Cool your skin with a wet sponge or spray. Wrapped cold packs on the back of the neck or under the arms also work well
- If you know it's going to be particularly hot, ask someone to check on you



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**Heatstroke** is a **life-threatening** condition. Signs include:

- a very high temperature
- hot skin that's not sweating and might look red
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness

If you or someone else shows symptoms, you should:

- call 999 **immediately**
- if you have a community alarm, **press the button** on your pendant to call for help.

While waiting for the ambulance, follow the advice given above, but don't try to give fluids to anyone who's unconscious.