

How to Prevent Heat Stress in Seniors

Seniors ages 65 and older are susceptible to two major types of heat stress, according to the [Centers for Disease Control and Prevention](#) (CDC). These include heat exhaustion and stroke. In order to protect seniors who are at risk for heat exhaustion and heat stroke, it is important to know what signs to be on the lookout for and what actions to take in the case of a heat stress emergency.

Heat Exhaustion

The mildest form of heat-related illness, according to the article by the CDC is heat exhaustion. This form of heat stress can develop after prolonged exposure to high temperatures. Symptoms include:

- Heavy sweating
- Cold and clammy skin
- Weakness and fainting
- Nausea or vomiting
- A fast but weak pulse
- Muscle cramps and headaches
- Fast and shallow breathing

Move to a cooler location with air-conditioning. Lay down, relax and sip water. Apply cool, wet cloths to the skin or take a cold bath or shower. If vomiting occurs and continues, call a doctor immediately.

Heat Stroke

Heat strokes occur when the body is no longer able to control its temperature through sweating. Death or permanent disability could occur if a heat stroke is not treated immediately. Signs include:

- High body temperature of 103 degrees or over
- Lack of sweating
- Red, hot and dry skin
- Throbbing headaches
- Unconsciousness

Call 911 immediately and move to a cooler environment with air conditioning in order to reduce body temperature. A cool bath or placing cool cloths over the skin can also help. Do not drink any fluids.

Tips for Preventing and Protecting Against Heat Stress

- **Drink fluids.** When sweating, your body loses water. To avoid dehydration, replenish the water you are losing by drinking plenty of water, even if you think you are not thirsty. Stay away from alcohol and sugary drinks such as soda, and try not to drink coffee and highly caffeinated beverages, as they raise body temperature and dehydrate the body quickly.

Life. *Uplifted.*

- **Stay in a cool area.** If you or a loved one do not have air conditioning, find a public place that provides it, such as the mall. Stay indoors during the hottest hours of the day and avoid cooking with the stove or oven, as they raise the temperature in the home. Keep the curtains drawn and if it gets too hot and you have access to a basement, take some time to relax down there.
- **Save strenuous outdoor activity for cooler times.** When temperatures and humidity are high, it is best to not do any strenuous activity outside. If you must, do so early in the morning or late in the evening as the temperatures are cooler. If you must go out, wear loose, lightweight and light-colored clothes, put on sunscreen and stay in the shade as much as possible.

Experience Life. *Uplifted!* at Travanse Living™ at Wheaton

Now open and accepting residents, [Travanse Living™ at Wheaton](#) offers Assisted Living and Enlight Memory Care services to loved ones in the area. Travanse Living™ [communities](#) offer the best of both worlds – the dignity, comfort and peace of private apartment suites as well as spacious and abundant social areas – both inside and outside. Our beautiful communities, rich in care, services and amenities, are complemented by our [life-enriching and diverse programming](#).

Travanse Living is more than a warm, welcoming and supportive place to call home. It is an engaging, worry-free lifestyle for individuals needing living services or memory care.

For more information about Travanse Living™, [contact us](#) today!