Seniors are more at risk for heat related health issues than younger adults.

Heat illnesses, such as heat exhaustion and heat stroke, are mainly caused by over-exposure or over-exertion in the heat.

Hot temperatures are dangerous for individuals that have:

- Breathing difficulties
- Heart problems
- High blood pressure
- Kidney problems
- Confusion
- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst (dry mouth or sticky saliva)
- Decreased urination with unusually dark yellow urine
- Breathing difficulties
- Heart problems
- High blood pressure
- Kidney problems
- Confusion

What to do:
If you experience any of these symptoms, immediately move to a cool place and drink liquids. Water is best.

Tips for beating the heat

- Avoid sun exposure and stay hydrated – drink water before you feel thirsty
- Dress for the weather – wear loose, light-coloured clothing
- Prepare meals that do not need to be cooked in an oven
- Seek air-conditioned spaces such as a mall, apartment building common space, or Cooling Centre
- Avoid outdoor activities during the warmest part of the day: 11 a.m. – 4 p.m.
- Take cool showers and use a fan

Heat stroke is a medical emergency!
Call 911 if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.

Did you know that many health conditions and medications can increase your risk in the heat? Ask your doctor or pharmacist if you are at increased risk during hot weather.

Cooling Centres
Cooling Centres provide space for residents to cool down during a Heat Warning. For a list of Cooling Centres in your area and other heat-health information, go to: [www.regionofwaterloo.ca/extremeheat](http://www.regionofwaterloo.ca/extremeheat) or call 519-575-4400.