



# Hot Weather Tips for Seniors

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*Fact Sheet*

## Are we at risk?

During the summer months in southern Maryland, the heat intensity can be overwhelming. Not only is it uncomfortable, but it can also affect the body in various ways. Nausea, dizziness, weakness, muscle cramps, pale and clammy skin, disorientation, or a headache can be symptoms of heat exhaustion. If you experience these symptoms, call a doctor or 9-1-1 right away. If not treated, heat exhaustion can lead to the more dangerous heat stroke.

## BEAT THE HEAT!

- Avoid sun exposure during the hottest times of the day. Run errands in the early morning or late afternoon.
- Drink plenty of water.
- Keep the air flowing by using fans or opening a window.
- Cool yourself down by taking a shower or bath.
- Wear light-weight, loose clothing.

**We hope you can use these tips to better enjoy your summer.**

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*For more information:*

- St. Mary's County Health Department- 301-475-4330
- American Red Cross, Southern Maryland Chapter- 1-888-276-2767