



Heat and Older Adults (Aged 65+)

JUNE 25, 2024 • ESPAÑOL



For Everyone

KEY POINTS

- People aged 65 years or older are more prone to heat-related health problems.
- If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

What increases risk



People aged 65 years or older are more prone to heat-related health problems.

Stay cool and hydrated during hot weather.

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

Stay safe on hot days

Stay cool and stay hydrated.

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Follow [additional tips](#) on how to prevent heat-related illness.

Caretaker Checklist

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

Question #1	Are they drinking enough water?
Question #2	Do they have access to air conditioning?
Question #3	Do they know how to keep cool?
Question #4	Do they show signs of heat stress?

Stay informed.

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

Check your local HeatRisk and Air Quality

Enter your zip code on the [CDC HeatRisk Dashboard](#) for the heat risk forecast in your area and recommended actions to protect your health.

- Plus, check air quality levels – so you can plan your week with your health in mind.

Resources

- [Natural Disasters and Severe Weather](#)
- [Extreme Heat | Ready.gov](#) 
- [Extreme Heat Safety | Heat Exhaustion Safety | Red Cross](#) 
- [Heat Safety Tips and Resources \(weather.gov\)](#) 

SOURCES

CONTENT SOURCE:
[National Center for Environmental Health \(NCEH\)](#)