

Beat the Heat:

Tips for older adults in Waterloo Region



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.

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

Symptoms:



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

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

Tune in to local weather forecasts and alerts



Prepare meals that do not need to be cooked in an oven

Arrange for regular visits with family or friends during very hot days and check in on others who may be at risk



Take cool showers and use a fan



Avoid outdoor activities during the warmest part of the day: 11 a.m. – 4 p.m.

Seek air-conditioned spaces such as a mall, apartment building common space, or Cooling Centre



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.

Welcome



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

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
or call **519-575-4400**.