

EFFECTS OF HEAT ON OLDER ADULTS

Brought to you by the Alliance of Nurses for Healthy Environments (ANHE) & Alternatives for Community & Environment (ACE)



Over 1,300 people in the U.S. die every year from extreme heat. People who are 65 or older are several times more likely to die from extreme heat.

WHY IT'S IMPORTANT

People over the age of 65 are more affected by heat because it takes longer for them to sweat, feel thirsty, and recover from it. Their risk is even higher if they live alone, are homebound, struggle to get around, or take medications that can dehydrate them. Excess heat and dehydration can harm their kidneys, heart, blood vessels, and immune system. It also leads to confusion, urinary tract infections, and changes in the their way blood clots.



HOW CAN OLDER ADULTS STAY SAFE?



Take cool showers, use air condition (AC) and fans, go to places with AC, such as libraries or community or senior centers, and avoid tiresome activities or do them when it's cooler and earlier. Wear lightweight clothes, like cotton, avoid crowds, keep damp cloths handy, and drink lots of fluids but avoid caffeine and alcohol.

WHAT ELSE CAN OLDER ADULTS AND THEIR LOVED ONES DO?

Keep the home cool by closing the blinds when it's hot, limiting how much the stove or oven is used, and opening the windows at night. It's important for loved ones to check on them when it's hot or for older adults to spend time with people who can keep an eye on them.



WHEN TO GET HELP

Older adults should go see a healthcare provider if they start to feel confused, nauseous, dizzy, more tired than normal, irritable, or like they may faint. They should also go see a doctor if they start having muscle cramps, a fast pulse, or a headache. It's important to get help sooner rather than later.



WHERE TO FIND HELP IN ROXBURY, MA

To contact organizations that can help you cool your home or reduce the cost of cooling your home:

- Call 3-1-1
- Contact Action for Boston Community Development:
 - 565 Warren Street, or call them at 617-442-5900
 - 714 Parker Hill Street, or call them at 617-445-6000
- Contact the Salvation Army at 617-536-5260 or visit them at 1500 Washington Street, Boston, MA 02118.

