

Summer Safety Tips

As temperatures rise, it's important for older adults to take extra care in the heat. Here are 6 simple ways to stay safe, cool, and healthy this summer:

1. Stay Hydrated

Why it matters: Dehydration is a common issue among older adults, especially in hot weather. As we age, our sense of thirst diminishes, making it easier to forget to drink enough fluids.

Tips:

- Drink water regularly, even if you're not thirsty.
- Avoid alcohol and caffeine, which can dehydrate you.
- Eat water-rich foods like cucumbers, watermelon, and oranges.

2. Dress for the Weather

Why it matters: Light, breathable clothing helps regulate body temperature and prevents overheating.

Tips:

- Wear loose-fitting, light-coloured clothes made of cotton or linen.
- Use wide-brimmed hats and sunglasses to protect your face and eyes.
- Apply sunscreen with at least SPF 30, even on cloudy days.

3. Keep Your Home Cool

Why it matters: Prolonged exposure to high indoor temperatures can lead to heat exhaustion or heat stroke.

Tips:

- Use fans to stay cool.
- Keep curtains or blinds closed during the hottest part of the day.
- Visit air-conditioned public places like libraries or shopping centres if your home is too warm.

4. Plan Activities Wisely

Why it matters: The sun is strongest between 10 a.m. and 4 p.m., increasing the risk of sunburn and heat-related illnesses.

Tips:

- Schedule outdoor activities in the early morning or late evening.
- Take frequent breaks in the shade or indoors.
- Don't overexert yourself—listen to your body.

5. Be Medication Aware

Why it matters: Some medications can increase sensitivity to sunlight or affect hydration levels.

Tips:

- Talk to your doctor or pharmacist about how your medications interact with heat.
- Keep medications stored at recommended temperatures.
- Watch for side effects like dizziness or increased sweating.

6. Stay Connected

Why it matters: Isolation can be dangerous during extreme weather, especially if you need help.

Tips:

- Check in regularly with family, friends, or neighbours.
- Let someone know if you're feeling unwell or plan to be outside for a while.
- Consider wearing a medical alert device if you live alone.

Final Thought

Summer is a time to enjoy - remember to stay cool, stay hydrated, and stay safe! 