



# 65 or older? Five ways to protect yourself on hot days



[HeatReadyCA.com](http://HeatReadyCA.com)



# 1

## KNOW THE SIGNS

Heat exhaustion signs include heavy sweating, weakness, dizziness, nausea and headache. Heat stroke symptoms include a fever of 103 or higher, confusion and loss of consciousness. If you are suffering from heat stroke, seek medical attention immediately.

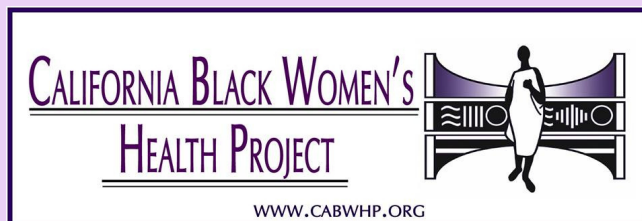


# 2

## STAY HYDRATED

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Drink plenty of water throughout the day to beat the heat and keep yourself well-hydrated.



# 3

## KEEP COOL

Know where your local cooling center is located and where to find transportation. Set your A/C to 75–80 degrees. If air-conditioning isn't available, visit spaces with air-conditioning, like a cooling center, library, community center or shopping center.



# 4

## HAVE AN EXTREME HEAT PLAN

Keep an eye on weather forecasts and heat advisories so you know when extreme heat is coming and how long it will last. Check in on friends and family during extreme heat events and ask them do the same for you.



# 5

## TALK TO YOUR DOCTOR

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Talk to your healthcare provider or pharmacist to see if any of your medications affect your body's ability to regulate temperature.

