

## Hot Weather Safety Tips

People of all ages are sensitive to extremes in temperature. As you age, your body may become less able to respond to extremely hot or cold temperatures. In addition, taking certain types of medications can affect how your body responds to heat.



Pennsylvania's 52 Area Agencies on Aging (AAA) are ready to assist older adults during dangerously hot weather. AAAs offer a broad range of services, including helping to relocate older adults to cooler locations such as a local church or senior center. For more information contact us at 610-478-6500.

**Be aware of days when extreme heat conditions are predicted by paying attention to your local weather forecast.**

### On hot days, you should:



- Drink plenty of water;
- Avoid long periods in the direct sun or in unventilated rooms;
- Keep air conditioning or fans running;
- Avoid vigorous activity when it is hot and humid;
- Reschedule activities for cooler times of the day;
- Wear light-colored, lightweight, loose-fitting clothing;
- Wear a hat or other head covering when out in the sun;
- Wear appropriate sunscreen protection; and
- Take frequent baths or showers and remain in a cool place.

**All Berks County senior centers are available for any seniors who want to escape the heat. Contact them for center hours.**

(Some centers extend hours in extreme heat.)

Location	Center Name	Address	Phone
Birdsboro	Berks Encore	201 E Main Street	(610) 582-1603
Boyertown	Center at Spring Street	200 W Spring Street	(610) 367-2313
Fleetwood	Berks Encore	109 W Vine Street	(610) 944-9242
Reading	Berks Encore	40 N 9 <sup>th</sup> Street	(610) 374-3195
Reading	Casa de la Amistad	501 Washington Street 2 <sup>nd</sup> Floor	(610) 685-1284
Reading	Family First Resource Center	416 S 7 <sup>th</sup> Street	(610) 372-7488
Reading	Kennedy Senior Center	300 S 4 <sup>th</sup> Street	(610) 375-3510
Shillington	Berks Encore (Mifflin)	30 Liberty Street	(610) 777-5577
Strausstown	Berks Encore	44 East Avenue	(610) 488-5770
Wernersville	Berks Encore	Brenner Building #5 Wernersville State Hospital	(610) 670-1372

## HEAT-RELATED ILLNESSES

Heat-related health problems may include the following:

### Heat Cramps

**Symptoms:** Painful spasms usually in leg and abdominal muscles. Heavy sweating.

**First Aid:** Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

### Heat Exhaustion

**Symptoms:** Heavy sweating, weakness, skin may be cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.

**First Aid:** Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

### Heat Stroke (Sun Stroke)

**Symptoms:** Extremely high body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

**First Aid:** Heat stroke is a severe medical emergency. Dial 911 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Remove clothing. Use fans and/or air conditioners. **DO NOT GIVE FLUIDS.**