

Hot Weather Safety Tips

Seniors – be aware – summer is a time to enjoy the outdoors but also a time for excessive heat & high temperatures.



The Berks County Area Agency on Aging urges older adults, particularly people with breathing problems, heart issues, high blood pressure and those taking medications, to be aware and to take simple steps to prevent serious heat-related illness during the summer’s period of high temperatures.

Even healthy people can experience heat-related illness when their bodies are unable to handle the high temperatures.

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.

If you must be outside in the heat:

- Limit activity to morning and evening hours and try to rest often in shady areas
- Wear sunscreen and use hats and umbrellas if you must go outside
- Visit places such as senior community centers to remain cool

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

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 th Street	(610) 374-3195
Reading	Casa de la Amistad	501 Washington Street 2 nd Floor	(610) 685-1284
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.**