

Protect Yourself from Extreme Heat

With warmer temperatures on the horizon in most areas of the country, now is the time to prepare your home and body.

According to the Centers for Disease Control and Prevention, more people in the United States die from extreme heat than earthquakes, hurricanes, lightning, floods and tornadoes combined.

With age, our bodies become less able to cool down when temperatures are extreme. Fortunately, there are several proactive steps seniors can take to keep themselves safe this summer.

Don't underestimate the impact heat can have on your health. Remember these tips as the temperatures increase.

AIR-CONDITIONING INSPECTION

Before the heat is in full force, have a certified HVAC service analyze the integrity of your air-conditioning system. Ensuring it will perform when you need it most is good peace of mind.

They will test it and perform preventative maintenance so it's running in peak condition.

If your AC system breaks down in the middle of the summer, you may face delays before a specialist can make repairs as it is the busy sea-



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son. If you should find yourself in this situation, have a back-up plan to stay with a loved one or an emergency fund to check into a hotel until the unit is fixed.

REMAIN HYDRATED

A key to keeping safe during the summer is to stay hydrated. Drinking plenty of

water is always important but especially crucial during the heat. If you find yourself outside for extended periods, be sure to take numerous sips, not just when you're thirsty, as thirst isn't a good indicator of hydration.

Signs to look for include headache, muscle cramps and dry mouth or tongue. If

these symptoms persist, it's important to seek medical attention before they become worse.

BUDDY SYSTEM OR CAREGIVER

Call on a friend or loved one to check in on you every few hours during days of extreme heat. You will have

peace of mind that if something goes wrong, you will have someone looking out for you.

If you need more constant care, consider hiring an in-home caretaker. They can help ensure you are remaining hydrated and determine if the heat is beginning to affect your health.