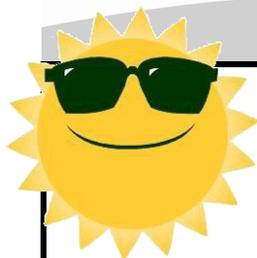




By: Taylor Jaspas



Summer has officially begun! This summer will bring bright sunny days and plenty of triple digit weather. The National Weather Service has reported elevated odds of above-normal temperatures across the West in 2015. Residents of California, especially older adults, are advised to prepare for the heat and do what they can to stay safe when the mercury rises.

**Many older adults are at a higher risk for heat stress due to a decreased ability to adjust to sudden changes in temperature.**

**The following tips are ways to stay safe and healthy throughout the heat:**

- Rest and do not engage in strenuous activities.
- Drink cool, nonalcoholic beverages. **Do not wait** until you're thirsty to drink.  
\*If your doctor limits your fluid intake, ask what the appropriate amount is for you.
- Take a cool shower, bath, or sponge bath.
- Wear loose, lightweight, light-colored clothing.
- Remain indoors in the heat of the day. Seek an air-conditioned environment like a shopping mall or public library.
- Do not rely on a fan as your only cooling device during an extreme heat event.
- Check on a friend or neighbor and have someone do the same for you.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

### Stay Hydrated!

Staying hydrated with water is very important, but sometimes plain water can get boring.

⇒ *Try adding fresh fruit like limes, lemons, cucumbers, or strawberries to add flavor and fun to plain water.*

For those without fluid restrictions, it is recommended to consume 64 ounces of water per day. This is a good rule of thumb to follow, however it's possible to reach a part of this recommendation through some foods.

⇒ *Foods that have a high water content and can provide up to 20% of your daily water intake include: cucumbers, iceberg lettuce, celery, radishes, tomatoes, bell peppers, cauliflower, watermelon, spinach, strawberries, broccoli, carrots, grapefruit, and cantaloupe.*

**Remember pets!**  
Make sure all animals have plenty of fresh water and are able to move out of direct sunlight.

