

Prepare for Extreme Heat Events

Adults aged 65+ are considered an at-risk population during extreme heat events. The elevated risk can be connected to chronic health conditions, medications that alter the body's response to heat, and/or poor air quality caused by extreme heat.

Below are symptoms to look out for that indicate heat-related illness.



Heat Cramps

- Symptoms include muscular pains and spasms that usually occur in the legs or abdomen

Heat Edema

- Symptoms include swelling that usually occurs in the legs, ankles or feet

Heat Exhaustion

- Symptoms include cool, moist, pale or flushed skin, nausea, dizziness, headache, weakness, and/or exhaustion

Heat Stroke

- Symptoms include extremely high body temperature, hot and red skin (dry or moist), loss of consciousness, changes in level of responsiveness rapid and weak pulse, rapid and shallow breathing, vomiting, confusion, and/or seizures
- Heat stroke is a medical emergency. Call 9-1-1 right away.

For more on recognizing and treating heat related illness, visit

<https://www.mass.gov/info-details/prevent-and-treat-heat-related-illness>

or call your medical provider.



Caregiver Checklist

If you are a caregiver or have an older adult as a friend, neighbor, or loved one, the CDC recommends checking in on the older adult twice a day during extreme heat events.

When checking on the older adult, use the following as a checklist:

- ☐ What is the indoor and outdoor temperature where they are?
- ☐ Are they drinking enough water and taking steps to stay hydrated? (Individuals taking water pills, or who limit water intake for medical reasons should ask their doctor how much water to consume in hot weather).
- ☐ Do they have access to air conditioning and/or a cool location?
- ☐ Do they know where to go if their home is too hot and do they have transportation to a cool location?
- ☐ How are they feeling? Do they show any signs of heat stress or heat related illness? (See reverse side for some of the signs)
- ☐ Do they have electricity or is there a power outage? Do they have medical equipment that requires electrical power or medications that require refrigeration? (e.g. oxygen concentrators, mobility equipment, insulin, etc.)



Learn more: www.mass.gov/info-details/preparing-for-extreme-heat