



# StayHealthy

Health Information from the Visiting Nurse Service of New York

## Hot Weather Safety Tips

Hot weather can increase your risk for heat exhaustion and dehydration. Follow these important tips for keeping safe and healthy during hotter weather:

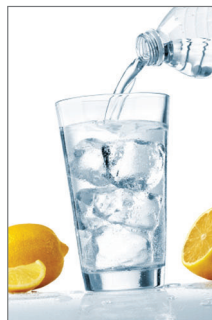
### 1. Stay cool.

Keep rooms cool by using an air-conditioner or use fans and open windows to improve air circulation. Consider going to places with air-conditioning, such as shopping malls, public libraries, movie theatres or cooling centers. Enjoy cool baths or showers. Wear lightweight, light-colored, loose-fitting clothing. Avoid being outside between 10 am and 2 pm, which is the hottest part of the day.



### 2. Stay hydrated.

Drinking water is one of the most important things you can do to keep your body healthy and it is even more important when the weather is hot. Regardless of your activity level, drink plenty of water and eat foods containing water, such as fruits, vegetables, gelatin (Jell-O) and ice pops. Avoid coffee and alcohol, which can deplete, rather than replenish, fluid in your body.



### 3. Use a buddy system.

Illness from heat can cause a person to become confused or even lose consciousness. If you are over 65 years old, ask a friend or relative to call you twice a day during a heat wave. If you know someone over 65 years old, check on him or her at least twice a day.



### 4. Stay informed.

Listen to local news and weather channels or contact your local public health department during heat waves for updates on health and safety.

### 5. Practice car safety.

Do not let anyone stay in the car while the car is parked without air-conditioning. Cars can heat up to dangerous temperatures very quickly and anyone left inside is at risk for serious heat-related illnesses or even death.

During a heat wave, be sure to use these important safety tips so you can stay cool and healthy.

VNSNY-SH-0513E

For more information or to arrange for our services, please call:  
1-888-VNS-1-CALL (1-888-867-1225) or visit our website: [www.vnsny.org](http://www.vnsny.org)