

BEAT THE HEAT

Checklist for Older Adults

Reacting to Heat Illness

- Know the signs and symptoms of heat illness
- Know how to treat heat illness or when to call 911

Plan for Individual Risks

- Consult your doctor about medications that increase heat illness risk
- Plan to keep medications cool during power outages

Stay Hydrated

- Carry a refillable water bottle
- Avoid alcoholic and sugary drinks

Keep Yourself Cool

- Wear lightweight, light-colored, loose clothing
- Use cool sponges, showers or baths, or mist your skin

Limit Outdoor Activities

- Plan activities for morning or evening
- Rest in the shade and avoid direct sun

Keep Living Spaces Cool

- Set AC to a comfortable temperature
- Keep blinds or curtains closed

Find Cool Places in Your Community

- Visit public spaces with AC like libraries, malls or senior centers, or a friend's home
- Call 211 for local cooling stations

Stay Informed

- Use weather apps or news for weather alerts
- Pay attention to heat advisories

Stay Connected

- Keep a charged phone for emergencies
- Check on family and friends during heat events



For more info, visit ldh.la.gov/heat