



Heat Stroke Facts

In hot weather, the body temperature would rise. Our body adjusts body temperature by mechanisms like sweating. If the environment is too hot and there is inadequate fluid replacement, these adjustment mechanisms may fail, and heat stroke occurs.

Heat stroke and the elderly

Elderly people are particularly vulnerable to suffer from heat stroke because of their compromised temperature adjusting mechanism, especially for those who have chronic illness (e.g. diabetic mellitus, stroke) or who are taking diuretics, are alcoholic, malnourished or debilitated.

Symptoms of heat stroke

The symptoms of heat stroke are dizziness, headache, nausea, shortness of breath, hot and dry skin; in severe cases, convulsion and coma.

Caring of heat stroke

1. Stop all activities immediately if the above symptoms occur.
2. Switch on the fan or air conditioner.
3. If in outdoor area, get to a sheltered place. Use wet towel to wipe the body to cool down the temperature.
4. If the elderly is conscious, give some cold drinks to replace the fluid lost.
5. If the elderly does not recover or becomes drowsy, send to hospital immediately.

Prevention of heat stroke

1. Open the windows and make sure that there is sufficient ventilation of the indoor area. You can use a fan or air-conditioner to maintain a cool environment.
2. In hot weather, it is better for the elderly to stay in cool indoor area and minimize outdoor activities.
3. If you need to go outdoor, bring along umbrella and avoid prolonged exposure to the sun. Preferably go out in the morning or in the evening.
4. Listen to the weather report and wear appropriate clothes. Wear clothes that are loose, light-colored, and made of cotton.
5. Replace fluid lost adequately. Avoid taking tea, coffee and alcohol, as they are diuretics.

FANS FOR SENIORS

If you are 60 years of age or older and are in need of a fan, please call:

**Chester County
Department of Aging Services
610-344-6350**

The Chester County Department of Aging Services provides fans to seniors over age 60 during the summer months. The criterion is as follows:

1. The fan recipient is a Chester County resident.
2. The individual must be 60 years of age or older, have a physical disability or severe illness which makes them vulnerable to extreme heat or have a child under the age of two (2) in their home.
3. The individual currently **does not have a fan or air conditioner.**
4. The individual must state that they cannot afford to purchase a fan or are homebound.
5. The individual must complete a **Fan Request Form** and a **Liability Waiver** when picking up the fan. A responsible party can pick up the fan for a homebound consumer.

Heat Safety Tips

If you do not have air conditioning or other means for keeping cool, you should visit your local library, movie theater or shopping mall.

You may also contact your local municipal official to determine where you may seek relief from the heat in your area.

Another resource is your local Senior Center. Call the Senior Center directly to receive information regarding hours of operation.

When using a fan, it is important that you have a window or door open to provide your living space with airflow. Failure to have airflow will result in the fan circulating the existing hot air, increasing the temperature and therefore placing yourself in greater danger of a heat related illness.