

Don't let COVID-19 leave you high and dry.

Take in your summer swallows to maintain health and prevent falls!

Older adults are staying home to stay safe.

Stay hydrated as temperatures increase.

Have a back-up plan to stay cool.

- Unless you've been told by your doctor to limit fluids, drink eight 8 oz. glasses of water a day. If your doctor has restricted fluids, ask what you should do when it is very hot.
- Other fluids count, but stay away from caffeine, sugary liquids, and alcohol. Water is your best choice.
- Take 2-3 swallows of water every ½ hour for the first eight hours out of bed. Put cups of water throughout your home.
- Regular water intake can help with *postural hypotension*, a sudden drop in blood pressure when you stand up after sitting or lying down. This can cause dizziness and lead to falling.
- What goes in must come out...adults should urinate every 2-3 hours. Urine should be clear or pale yellow.



Other Tips to Stay Cool

- **Talk to family & friends about what you can do and where you can go to stay cool *and* stay safe if senior centers or cooling centers are not open due to the pandemic.**
- Use fans and air conditioners, if possible. Keep your home cool by keeping shades, blinds, and curtains closed during the day. Open windows at night.
- Eat light meals. Limit your use of the oven.
- Wear light-weight clothing. Cotton is cooler than synthetic fibers.
- Shower, bathe, or sponge off with cool water.
- Limit your activity when it is hot. Lie down and rest in a cool place if you can.
- Family and friends should check in daily with older adults.

***Headache, confusion, dizziness, or nausea could be signs of a heat-related illness.
Go to the doctor or an emergency room if you need treatment.***



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