

6+ Tips To Get You Through A Hot Summer

In summer, with its full swing and growing temperatures, there are a lot of outdoor activities to choose from.

Because the days are longer and there is so much time to do any of the activities. People of any age can appreciate the delightful advantages of the summer, but with this season there is some stuff to consider.

Many of the risks arise from the overwhelming summer heat and are often ignored, but the risks these fun-filled summer months might carry are essential to be remembered. You can schedule and avoid hazards to your health if you know about the impacts of the heat, dehydration and other summer issues for ourselves and as well as for our loved ones.

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Elderly individuals are impacted by summer heat more than young and middle age individuals. Some individuals aged 65 and over may be at enhanced danger of summer heat linked conditions and require unique care.

Heat stress occurs if the body cannot cool and fails to keep the temperature within homeostatic range. Usually, the body cools down by sweating, but sweating is not sufficient sometimes and the temperature of the body keeps increasing.

The summer heat issues vary from gentle circumstances such as a rash or cramp to severe circumstances such as heat strokes which possibly endanger people's lives. Before we check out the list of summer health guide, make sure you check health calculators on calculators.tech for keeping track of your health.

A list of Summer Health Survival Guide for older people is presented here.

Keep Yourself Informed

Be careful about the abnormally elevated body temperatures during summers. Heat stroke is a precarious, life-threatening type of hyperthermia. Make sure to know the warning signs and get medical attention immediately if you or anyone you know has these symptoms, such as:

- Body temp over 104 ° C
- A behavioral shift as embarrassment or restlessness
- Dry, skin or hot flushes pressed
- Nausea, headaches or vomiting
- Fainting or feeling of dizziness
- Heavy breaths and quick pulse
- No sweats, even if it's too hot

Being an elderly person you have a list of medicines that you may be taking. Make sure that you are aware of the hazards and possible side effects of each medicine. Some drugs can affect internal temperature control and increase your danger of heat stroke. Speak with your doctor and make sure that you understand your heat stroke alarm indications and what you can do to maintain it.

Keep Yourself Hydrated

Dehydration in the summer sun can be a major problem. Keep eyes on any uncommon tiredness, vomiting, and extreme dehydration. Ensure that you drink enough liquids all day long in order to avoid dehydration. Avoid caffeine, alcoholic beverages, and excessive sugar. These components cause dehydration. Drink water all day and frequently drink sips to be completely hydrated.

Sweating may cause potassium loss and other significant

nutrients which are required to remain healthy. Bananas are a wonderful way to supplement missed potassium due to sweating. In order to maintain hydration cucumbers, watermelon and other products with large water content must be consumed during summers.

Protecting Yourself from Bugs

You must be ready for the insects that come with it if you spend time outdoors. Mosquitoes tend to perform life-threatening viruses. Make sure that repellent is used to decrease the danger of getting hit by any mosquito, which may be carrying life endangering viruses.

Ticks also pose a risk and could lead to severe health hazards for the elderly. Lyme disease and other tick-borne illnesses may be transmitted through ticks. Make sure you inspect yourself regularly after external exposure.

HEAT EXHAUSTION: WHAT TO WATCH FOR

Heat exhaustion
symptoms can include:



Heavy Sweating

Feeling Weak or Confused



Dizziness

Nausea



Headache

Cold, clammy skin



Fast, weak heartbeat

Heatstroke
symptoms can include:



Lack of sweating

Confusion,
disorientation, staggering



Red, hot, and dry skin

Throbbing headache



Nausea and vomiting

Rapid heartbeat



Rapid, shallow breathing

Sources: The American Red Cross, American Academy of Family Physicians.

Stay Cool and Stay Chill

The temperature can also become hazardous indoors during a heat wave. For long spans of moment, a house should not be

above 85 degrees. Ensure the temperature in the home remains secure to avoid overheating, heat stroke or dehydration hazards. Always have your air-conditioners on during summers

If in severe heat days AC is not available, you may go to a community center, library or business center, such as a supermarket or film theatre, which offers intense cooling environment.

Take a bath or a shower to cool down at home, frequent showers and bathing is mostly suggested. The finest outcome is to use tepid water close to room temperature. If you can't easily sit and come out of bathing tub easily, take assistance from anyone at home. But if you really can't get into the tub, cool compresses are a nice option.

Upon wrists, ankles, armpits and throat, apply cool moist clothes. The arteries in these regions are near to the skin surface and the cold blood circulates and decreases the body temperature.

Protective Measures When Outdoor

Summer is a wonderful moment to practice some sport, stroll and appreciate the sunlight. When performed securely, all are very good activities. However, when you go outside and are subjected to the sun, worries about overheating for the elderly rise. If the elderly go outdoors to appreciate the season, ensure that the warmth and the sun are less severe in the early and later hours. Check the extreme heat weather forecast and stay indoors from 10 am to 3 pm, so that the sun does not expose to intensity.

Dressing for the hot climate accordingly is also essential, to assist maintain your skin safe use sunscreen. It is best to wear slim and loose, light-colored garments. Dark colors capture and retain the heat and the sun rays against the body. You can cover your face with a large hat and sunglasses are a

good idea to safeguard your eyes and delicate skin. Using lightly removable garments allows the individual to be better adjusted to a pleasant environment during the day when traveling inside and outside. It is also a good idea to discover a shady place to rest or a sunshade to ensure that you are at ease.

Heat Stroke – a Major risk in Summers

Hyperthermia is a type of heat stroke that implies that the body heat of somebody has increased to hazardous rates. Heat stroke is a medical emergency, and if not handled rapidly and properly, they may become fatal. The dehydration, which becomes a hazardous mixture, often accompanies a heatstroke. Call emergency when you get in touch with a heat stroke. Make yourself cool, sit in a shady area and ask someone to use cold compressor. Drink room temperature water till help arrives.

Be alert regarding heat stroke signs such as;

- Dizziness
- Rapid pulse
- Nausea
- Fast heartbeat
- Distortions
- Headache
- Heavy Breathing

All of these can be mislead with severe health issues or drug side effects. If heatstroke is suspected, please be careful and pursue assistance.

Some General Health Survival Tips

Shoes, pumps and sneakers are safer than sandals and flip flops for avoiding falling. Lose sandals and flip flops open

the feet and do not support heels and ankles. The foot is damaged. Its loose fixation to the foot can also contribute to getting hit with something.

Check that your medicine is safely stored. Certain medicinal products need to be kept dry and in a cool place to stay secure and efficient. Make sure all your medicines are securely stored.

There's no reason that you can't have a fun, adventurous weekend with your loved ones in summers, if you pursue this summer health survival guide. So please feel warm before the winter months and ensure that you take the right precautions to remain secure.



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