Beat the Heat: Stay Cool Tips

When the weather gets hot, everyone should take steps to stay healthy, especially older people and young children. Follow these “stay cool” tips:

- Drink plenty of nonalcoholic fluids. Don’t wait until you are thirsty to drink. If your doctor limits your fluid intake, ask how much you should drink when the weather is hot.
- Wear lightweight, light colored, loose fitting clothing.
- Limit outdoor activity to morning and evening hours.
- Take a cool shower or bath.
- NEVER leave people or pets in a closed, parked vehicle. Temperatures in enclosed spaces rise very quickly.
- Check on neighbors who may need additional help.
- Stay in air conditioned spaces.

Those needing relief from the heat are encouraged to go to an air conditioned movie theatre, restaurant or mall. The Newton Senior Center, located at 345 Walnut Street, may also be used during regular hours. For more information, please call the Senior Center at 617-796-1660.

Signs of heat exhaustion or heat stroke include: nausea or vomiting, headache, dizziness, confusion, rapid pulse, high body temperature, muscle cramps, lack of sweating. Seek help if you suspect heat exhaustion or heat stroke.

For questions, call the Newton Senior Center at 617-796-1664 or the Health & Human Services Department at 617-796-1420.

For emergencies, call 911.