

Be Prepared!

1. **Make a plan** with family members, friends, and care providers.
 - a. Do you have someone to check on you during an extreme heat event?
 - b. If your home does not have air conditioning, do you have somewhere to go to cool off?
2. **Stay informed** and check SF72.org or call 3-1-1- for information on cooling centers and other resources.
3. Sign up with your address and contact information at **AlertSF.org** to receive city alerts and instructions to your phone or email during emergencies in your area.

Heat Exhaustion & Heat Stroke

| Heat Exhaustion | Heat Stroke |
|--|----------------------------|
| Faint, dizzy, cramps | Temperature above 103°F |
| Headache, nausea | Headache, nausea, vomiting |
| Excessive Sweating | Confusion, delirium |
| Cool, pale, clammy skin | Red, hot skin (no sweat) |
| WHAT TO DO | |
| Go to a cool place with air conditioning | Call 9-1-1 |
| Drink water | |
| Use cool compresses | |

Why Are Older Adults at Risk?

Older adults are at high risk for heat-related illnesses that can be life threatening! People's ability to adapt to heat decreases with age. Many seniors also have underlying health conditions or take medications that can increase dehydration.

San Francisco Older Adults and Extreme Heat

What You Should Do During Heat Events



San Francisco Department of Public Health – Climate and Health Program

<https://sfclimatehealth.org/>



Climate Change, Extreme Heat, and San Francisco

Climate change is expected to increase the number and intensity of extreme heat events in the city. In San Francisco, an extreme heat day is any day **above 85°F**. San Francisco is particularly vulnerable to the health impacts of extreme heat. Studies show that, out of all of California, San Francisco has the largest increase in hospitalizations during extreme heat events, so it's important we **prepare now!**

How Does Heat Impact My Health?

Extreme heat can lead to dehydration, heat exhaustion, and heat stroke. Extreme heat will worsen conditions like heart disease, diabetes, and respiratory illnesses. Heat can also cause some medications to become less effective and some medications can reduce the body's ability to adapt to heat.

What to do During Extreme Heat

1. Call a family member or friend to check in
2. Avoid being outdoors between 10AM and 4PM
3. DRINK PLENTY OF WATER
4. Take cool showers or baths
5. Avoid alcohol and eat small meals that are low in protein and salt
6. Wear loose, breathable fabrics

Staying Cool at Home

1. Use an air conditioner if possible and house fans
2. Avoid using a stove or oven
3. Shade windows
4. Get a home thermometer to monitor indoor temperature

If You Need to Leave Your Home

1. DRINK PLENTY OF WATER
2. Avoid walking far distances or any strenuous activities
3. Stay in cool buildings or shaded areas as much as possible
4. Wear light clothing and a hat

Finding a Cool Place

If you need a cool place to go during the day, libraries, shopping malls, community centers, and museums with air conditioning will be open to the public. Check **SF72.org** or call **3-1-1** to find a cool space to spend the day close to your home!

