



CARE

FOR THE OLD & FRAIL IN THE RISING HEAT

TAKE THE FOLLOWING PRECAUTIONS

- Check on them twice a day during extreme heat, especially if he/she lives alone.
- Use cool baths, showers, or place wet towels on their neck and underarms.
- Make sure they have access to a phone.
- Call a doctor or an ambulance after taking steps to cool them down.
- If they seem to be suffering from heat stress, cool them down.
- Encourage them to keep a bottle of water with them at all times.



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