

# Preventing Heat-related Illness: Older Adults & People with Chronic Medical Conditions

## Heat Safety Checklist for Intake Protocols, Home Visits & Phone Contacts

### Questions to Ask

### Caregivers, friends and neighbors of the elderly should consider the following:

**Action 1.** Would you like someone to call or visit your home now, or during a hot day, to make sure you're cool and safe? Yes  No

▶ Visit or have contact with older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke. Lie down and loosen your clothing.

**Action 2.** Do you use an air conditioner to help keep you cool at home? Yes  No

▶ Provide access to an air conditioner, and if none is in the residence, transport the person to a store, public library, restaurant, senior center, or cooling center.

**Action 3.** If you do not use an air conditioner, do you have another way to stay cool? Yes  No

▶ Assure access to cooling water (bath, shower, wet towels).  
▶ Make sure older adults have access to an electric fan, though this is not reliable once the temperatures are above the mid-90s.

**Action 4.** If you do not use an air conditioner, would you like to go somewhere that is cooler? Yes  No

▶ Provide access to an air conditioner, and if none is in the residence, transport the person to a store, public library, restaurant, senior center, or cooling center.  
(This option is repeated for emphasis)

**Action 5.** Are you wearing cool clothing today? Yes  No

▶ Make sure the person has clothing that is loose and lightweight


**Action 6.** Are you drinking enough fluids today? Yes  No

▶ Assure adequate fluid intake (4-8 cups of liquid, depending on time of day and medical needs)  
▶ Avoid drinks that contain caffeine, alcohol, or large amounts of sugar

Reference: State of New Hampshire Excessive Heat Emergency Response Plan. NH DHHS, Function 8 27. 2011. Page 26-27. <http://www.dhhs.nh.gov/dphs/climate/documents/nh-excessive-heat-plan.pdf>

**For local resources and help, call 211.**

**IT'S HOT  
OUTSIDE!** STAY COOL.  
STAY HYDRATED.  
STAY INFORMED.

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