



Signs of Heat Related Illness in Older Adults **Staff and Volunteer Reference Guide**

Signs of Heat Stroke

Older people living in homes or apartments without air conditioning or fans are at most risk for suffering from heat related illnesses. People who become dehydrated or those with chronic diseases or alcoholism are also at high risk. Signs of heat stroke include:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

If You Suspect Someone is Suffering from A Heat-Related Illness Call 911

- Next, get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

Cooling Centers are available throughout Ventura County. Hours of operation vary by site. For a list of operational sites, visit <https://211ventura.org/disaster-resources/>. All sites are following social distancing protocols and are taking other COVID-19 precautions. Please call a site prior to going to confirm hours of operation.