

Summer Survival Checklist

With warm spring breezes upon us it's no surprise that summer is just around the corner. And while these months are perfect for enjoying time outdoors and the warm sunshine, it's also important to remain healthy and safe. Especially for senior adults, who should take extra special care as the temperatures start to rise and summer activities heat up. By following these safety tips and this checklist you and your senior loved one are sure to make the most of a fun-filled summer season.

Temperature Tips

Outdoor activities can be a lot of fun in the summer, but could quickly take a turn for the worse if you're not careful. These tips are designed to help you stay safe while enjoying the summer sun.

- 1 » Stay Well hydrated** — Try to drink 8 or more 8-ounce glasses of water each day and avoid, or minimize, caffeinated and alcoholic beverages. For a fun twist for your daily water intake try infusing a pitcher of water with fruit or use fruit infused ice cubes to add a bit of flavor.
- 2 » Dress For The Weather** — Try to wear clothing that is made of natural, breathable fabrics like cotton, in more of a loose fit and in light colors that will help reflect the sun.

- 3 » Keep Cool Indoors** — In order to maintain a cool environment indoors make sure to keep blinds and curtains closed. This will help to keep the house cooler, even in triple digit temperatures. If possible have an air conditioner, or at the very least fans to keep the air moving.
- 4 » Wear Sunscreen** — Whenever you are outdoors be sure to protect your skin with sunscreen with an SPF of at least 30.
- 5 » Stay Indoors When It's Too Hot** — On days when it is extremely hot or hot and humid it's better to stay indoors. If you do need to be outside, try to do so outside of the peak sun hours of 10am-3pm.
- 6 » Check All Medications** — Some medications will lose their effectiveness if they are exposed to extreme heat, and some cause side effects such as increased sensitivity to the sun's UV rays for the patient. While you're at it, check for expired medications as well, and properly dispose of medication that has expired.
- 7 » Know The signs Of Heatstroke** — These include being flushed in the face, high body temperature, rapid pulse, nausea, headache, dizziness and confusion.

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Following the above tips can be helpful, but there are also other ways you can beat the heat. Make sure you have these items handy to stay out and about this summer.

- Reusable water bottle
- Sunscreen of at least SPF 30
- Multivitamins
- Fan or Air Conditioner
- Battery operated handheld fan (in case of power outage)
- Comfortable shoes made for warm temperatures
- Water pitcher (ideally with a filter built in) to keep fresh water on hand in the fridge
- Ice Cube trays (use these to make fruit infused ice cubes to help make water intake more appealing)
- Hat to provide sun protection
- Loose fittings, lightly colored clothing
- Summer friendly snacks like fresh fruit, granola bars and popsicles
- Book, crossword, puzzle, crossword, tablet or music to stay entertained indoors
- Camera to capture summer memories and adventures

By following these tips and creating a summer survival kit you can ensure that you, or your senior loved one, makes the most of one of the most beautiful times of the year by staying safe and healthy!

DISCLAIMER: This checklist does not provide medical advice. The information, including but not limited to, text, graphics, images and other material contained within are for informational purposes only. If you have a medical emergency, please call 911 or your physician.

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