

# Tips for Surviving the Summer Heat

Heat-related illnesses, from heat stroke to heat exhaustion and dehydration, can pose serious problems for those enjoying outdoor activities. According to the Centers for Disease Control, an average of 300 people in the United States die from heat-related illnesses each year. Seniors especially, need to be vigilant as it can take longer for their bodies to regulate internal temperature and it takes longer to recover when they do get overheated.

In Louisiana's high heat summers, it is important to be mindful of temperatures and symptoms of heat-related illnesses.

## Here are a few tips for beating the heat:

- **Drink plenty of fluids to stay hydrated.** In high temperatures, you will be sweating more than usual, so increased water intake is key.
- **Dress for the heat.** Wear loose-fitting clothes with natural sweat wicking properties, like cotton. Dress in light colors instead of dark ones, which absorb heat instead of reflecting it.
- **Stay indoors during extreme heat.** Your local weather will alert you to extreme heat advisories. It is best to stay inside during these times. If you do not have air conditioning or cooling in your home, visit public places such as libraries, shopping malls or visit with friends and family who do have access to temperature cooling measures.
- **Plan ahead for outdoor activities.** Make sure to carry water, sunscreen, sunglasses and hats to stay cool on the go.
- **Know the signs of heat stroke.** Signs include a flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion. Take immediate action if you feel them coming on.

If a loved one or neighbor has heat exhaustion or heat stroke you should immediately get the person out of the heat and loosen any tight clothing. When they are seated or lying down, apply cool, wet cloths such as towels or sheets, taking care to periodically remoisten the cloths. If the person is conscious, give them small amounts of cool water to drink slowly.

**If a heat stroke or heat exhaustion sufferer is refusing water, vomiting or losing consciousness, their condition is getting worse and you should seek emergency medical assistance.**

Remember to stay safe while you have fun in the sun this summer.



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