

Public Health Toolkit **SOCIAL MEDIA**



Summer Emergency Preparedness

POST: If your health care provider generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot.

<http://emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp>

TWEET: Ask your doctor how much to drink during hot spells if you're on water pills or limited fluids.

<http://emergency.cdc.gov/disasters/extremeheat/older-adults-heat.asp>

POST: Some people who overheat easily and can't cool down are at higher risk for developing hyperthermia. They are people over 65, infants and young children, and people who: are extremely overweight or underweight, don't perspire normally, have chronic health conditions, have certain disabilities, work outdoors or in hot settings, or take certain medications that cause sensitivity to the sun or interfere with the body's ability to sweat and stay cool. Keep them cool and hydrated.

<http://www.health.ny.gov/publications/1243/>

TWEET: Besides young kids and those 65 and older, learn who else is at higher risk for hyperthermia.

<http://www.health.ny.gov/publications/1243/>

POST: Air conditioning can be life saving for people who can't sweat and stay cool, such as people 65 and older, and infants and young children. If your home is not air conditioned, spend time at places with A/C, such as a friend's or public places such as a shopping mall, library or community cooling center.

<http://www.health.ny.gov/publications/1243/>

TWEET: When it's hot out, if you have no A/C at home, go to public places such as a library or cooling center that do.

<http://www.health.ny.gov/publications/1243/>

POST: Check often on aging loved ones, people with disabilities or certain medical conditions, who may need help keeping cool and hydrated. Be alert for any signs of heat-related illnesses, and get help right away if you suspect they are not well.

<http://www.health.ny.gov/publications/1243/>

TWEET: Visit aging loved ones more often in hot weather. Know the signs for hyperthermia and what to do.

<http://www.health.ny.gov/publications/1243/>

POST: There is no safe amount of time or any reason to leave a child in a parked car. A child in a hot car can die from heatstroke in just minutes. Rolling down the windows will not keep the car cool.

<http://www.health.ny.gov/publications/7070.pdf>

TWEET: Keep kids out of hot parked cars where they can die in minutes. Rolling down the windows will not keep the car cool.

<http://www.health.ny.gov/publications/7070.pdf>

