

Helping Others Stay Safe When It's Hot



Heat Health Guide For Communities

Dangerous Heat is Hurting People Around You

You can help them stay safe.

- It's important to help others stay safe when the weather is hot.
- Hot weather can cause serious health problems. It can make people's chronic problems worse, and can even lead to a life-threatening condition called heatstroke. Some people, including babies, older persons, and those who are pregnant, or have medical conditions such as diabetes or lung diseases, are more vulnerable.
- Protecting people from the heat can help prevent health problems, hospitalization and death.

Key Safety Tips for Hot Weather

■ Help People Stay Hydrated

- It is important for people to drink plenty of water to prevent dehydration.
- People can check the color of their urine. Dark urine means they need to drink more water.
- People who are drinking large amounts of water

should consider adding a little extra salt to their food or use oral rehydration salts.

- If people have heart or kidney problems, it is important for them to consult with their doctor about how much water they should drink.



Urine color chart to assess hydration

WELL HYDRATED	MILDLY DEHYDRATED	DEHYDRATED	KIDNEY INJURY
Keep drinking the same amount	Drink a glass of water	Drink 2-3 glasses of water	Immediately go the ER
<p>The colors on this chart should only be used as a guide and not replace advice from a health professional. Chart adapted from http://healthdirect.gov.au</p>			

■ Help People Eat and Drink Right

- Sugary drinks, alcohol, coffee, tea, and energy drinks can make people dehydrated and put them at higher risk from heat-related illnesses.
- Help people drink water or oral rehydration solutions. Remind them to reduce consumption of sugary or caffeinated drinks. Avoid all alcohol or highly caffeinated drinks.
- Setting up a place to distribute cool water can help people remember to drink water.
- Food spoils more quickly in hot weather. Spoiled food can make you very sick. Avoid eating perishable foods that have been left in the heat for more than two hours.
- Encourage people to eat cool foods and those with higher water content, such as fruits and vegetables.

■ Help People Wear the Right Clothing and Sun Protection

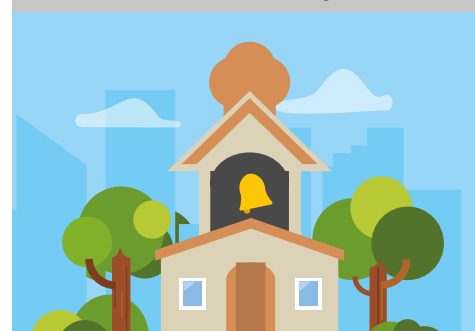
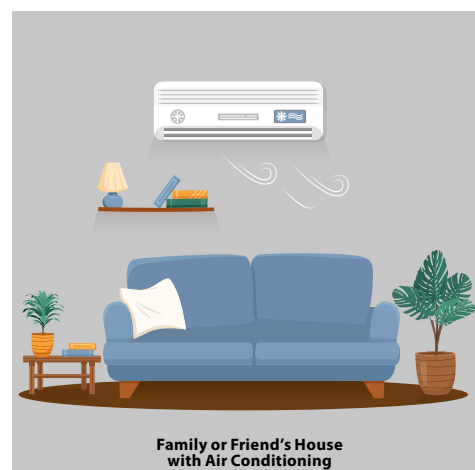
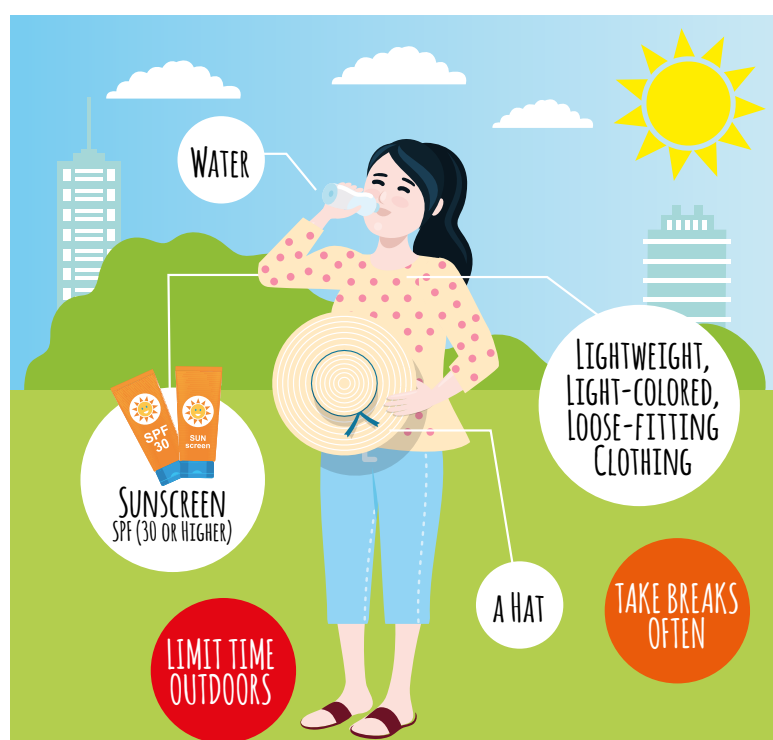
- Wearing light, loose clothing helps people stay cool.
- If people are working outside, they can protect themselves from the sun by wearing a hat or head covering and applying sunscreen, if available.
- If older persons have difficulty caring for themselves, it's important to help them remember to put on light, loose clothing to avoid overheating in the hot weather.

■ Help People Stay Cool

- Seek shade or cool spaces.
- Avoid strenuous activities during the hottest part of the day.

■ Help People Know the Weather:

- Check the weather forecast (<https://www.pagasa.dost.gov.ph/>) regularly to plan your activities.
- Help others access information about dangerous heat, or explain current conditions if they are unable to check the weather themselves.



■ Check on People Who Are at Risk in Hot Weather

- Keep an eye on your neighbors, especially those who are older persons or have medical conditions that put them at risk.
- Check on people with disabilities who may have trouble controlling their body temperature or taking steps to stay cool.
- Check on farmers, fisherfolks, outside laborers, construction workers, and motor-ride delivery drivers; and make sure they are taking breaks, hydrating, and resting in the shade.
- Offer to help people get to safe, cool locations.

■ Know When to Help People or Get Medical Attention

- Recognize early signs of heat-related health problems. If someone is feeling hot, tired, thirsty, or has nausea, move them to a cooler place and give them fluids to drink. Simple home remedies for dehydration include drinking water, oral rehydration solution, soup or buko juice.
- If someone feels very hot or has an elevated body temperature, and appears confused, like they might collapse, or is unconscious, start cooling them down right away using ice water or fans, and get them medical attention immediately.
- If someone has vomiting and diarrhea, they are at higher risk of health problems during hot weather. Use ORS to help them stay hydrated. Seek medical attention if they are having concerning symptoms such as fever or bleeding, pass out or feel like they might pass out, or have problems staying hydrated.

- You can seek help from ambulance services, rural health units, and barangay health workers.

Local ambulance contact number:


Local health center contact number:

Local heat information hotline (if available):

Local municipal or city health office number:


- While you are waiting for transportation, cool the person down using ice or cool water and fan their body. If they are awake, have them drink fluids.

Heat Exhaustion vs. Heat Stroke



HEAT EXHAUSTION
Heat Exhaustion symptoms that need emergency medical attention include:




- Feeling weak or extremely tired
- Nausea
- Heavy sweating
- Feeling light-headed or as if you might pass out
- Heat cramps



HEAT STROKE
Heat stroke symptoms that need emergency medical attention include:

- Unconsciousness
- Convulsions or seizures
- Difficulty breathing
- Confusion or slurred speech
- Dry skin and very warm to touch

Heat stroke victims may look drunk. They need to be aggressively cooled immediately.

Treatment of Heat Stroke

GOOD

- Put ice packs or cold packs on the patient's neck, armpits, and groin
- Wet the patient's skin and sit in front of a fan

BETTER

- The TACO Method or Tarp-Assisted Cooling Oscillation, where you use a tarp or plastic sheet to cool the patient using cold water.
- TACO Method demonstration video: [TACO Method Provides Rapid Cooling \(Christopher Sampson, MD\)](#).

BEST

- Cold or ice water immersion
- Make sure to hold the patient up in the tub to protect their airway.
- Ice water demonstration video: [Ice Water Immersion Video: Adding Ice to the Tub - Susan Yeargin | MedBridge - YouTube](#)

Helping People with Specific Health Conditions:

The best things that at-risk people can do are to stay in cool spaces, avoid activity in the heat of the day, stay hydrated, sleep somewhere cool, and stay connected to others. In addition, there are things you can do to help specific groups of people:



People with Diabetes:

Help them keep glucometer and insulin cool; avoid direct exposure to ice. Encourage people to check their blood sugar before, during, and after activity in hot weather.



People with Heart Disease or High Blood Pressure:

Watch for dehydration and overheating. Some medications such as diuretics (“water pills”) can lead to dehydration; encourage patients to consult with their doctor about medicines, fluid intake, and weight goals.



People with Kidney Disease:

Discuss ideal fluid intake with health care professionals; monitor weight to track water intake. Medications for kidney disease can affect heat tolerance; encourage patients to consult with their doctor.



People with Lung Disease:

Hot weather is risky for people with lung conditions like COPD and asthma. Air pollution adds to this risk. Help people find cool, indoor environments on hot days with poor air quality from smog, smoke, or other air pollutants. N95 masks can filter out pollution if people need to travel outside.



People living with Mental Health Conditions:

Medications such as antidepressants and antipsychotics may affect the body’s ability to stay cool; it’s important to help people taking these medicines find cool safe spaces during hot weather. Help people seek medical attention if lightheaded, confused, or exhibiting unusual behavior.



Pregnant Women:

Pregnancy makes coping with hot weather more challenging. Help people with hydration, access to bathrooms, and access to cool

areas. Very hot weather is associated with the risk of birth defects and pregnancy loss, so it’s important to help pregnant women avoid hot places or strenuous activities.



Small Children:

Babies and small children are more vulnerable to heat. Help people remember that they are safest in cool, shaded areas during hot weather. It’s also important to ensure regular fluid intake (fluids or breastmilk) and seek medical attention if they appear pale, weak, or exhibit unusual behavior.



Older Persons:

Older persons may struggle to stay cool in hot weather and have an increased risk of hospitalization and death during dangerous heat. Help older persons avoid strenuous activities during hot conditions. Check on older persons and family members and offer to help them access safe, cool locations. Remind them to stay hydrated, wear appropriate clothing, and move to cooler places.



People Living with Tuberculosis (TB):

It is important to stay hydrated. If you need to travel for DOTS therapy, try to stay out of the sun. Since TB is transmitted in closed spaces, shady outdoor areas may be a safer option if you need to be around other people.



People with Disabilities:

Persons with disabilities, especially those with physical impairments or paralysis, should prioritize staying cool and hydrated by using air-conditioning, fans, and drinking plenty of water. Regularly checking the skin for moisture build-up or redness can prevent pressure sores, while avoiding prolonged sun exposure reduces the risk of overheating. If sweating is impaired due to a spinal cord injury, using misting sprays or damp cloths can help regulate body temperature.