

# Stay Safe When It's Hot



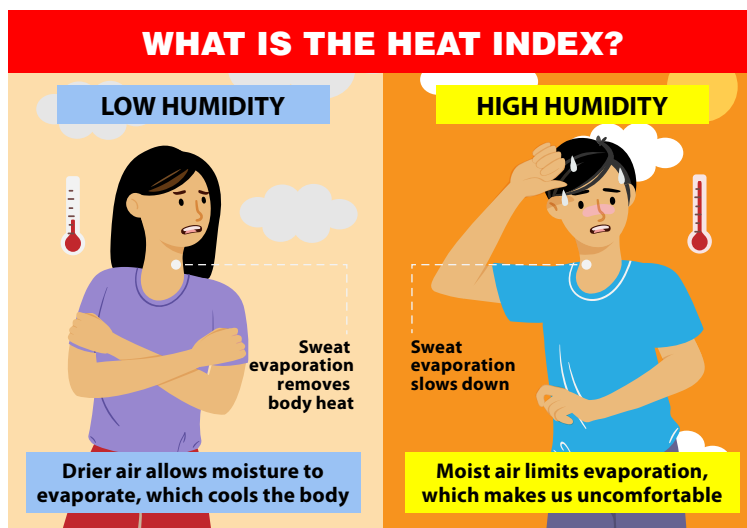
## Heat Action Plan and Tip Sheet For Patients

1. **Heat with high humidity is dangerous.** It can be dangerous even when the temperature isn't extremely high.

Local weather can be checked at PAGASA or on the radio, TV, or local announcements.

**High humidity is common in the Philippines.**

**High humidity makes hot weather more dangerous.**



To check my weather forecast, I will:

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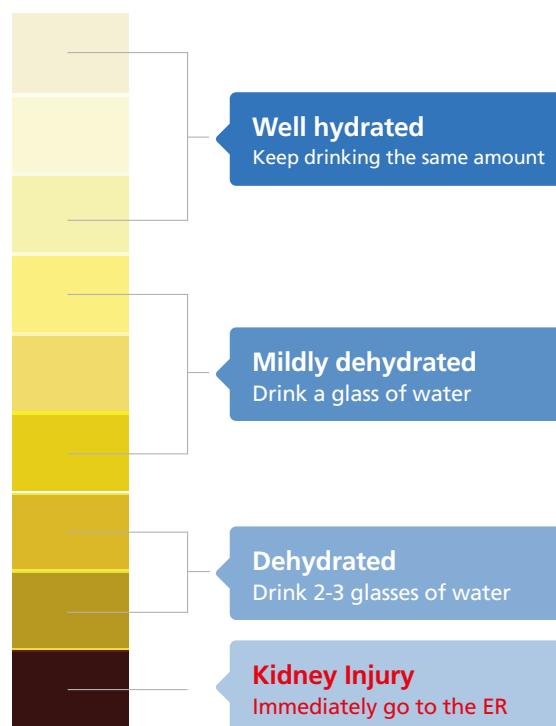
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If the air feels hot, even if there is no heat advisory or heat warning, use the following tips to stay safe.

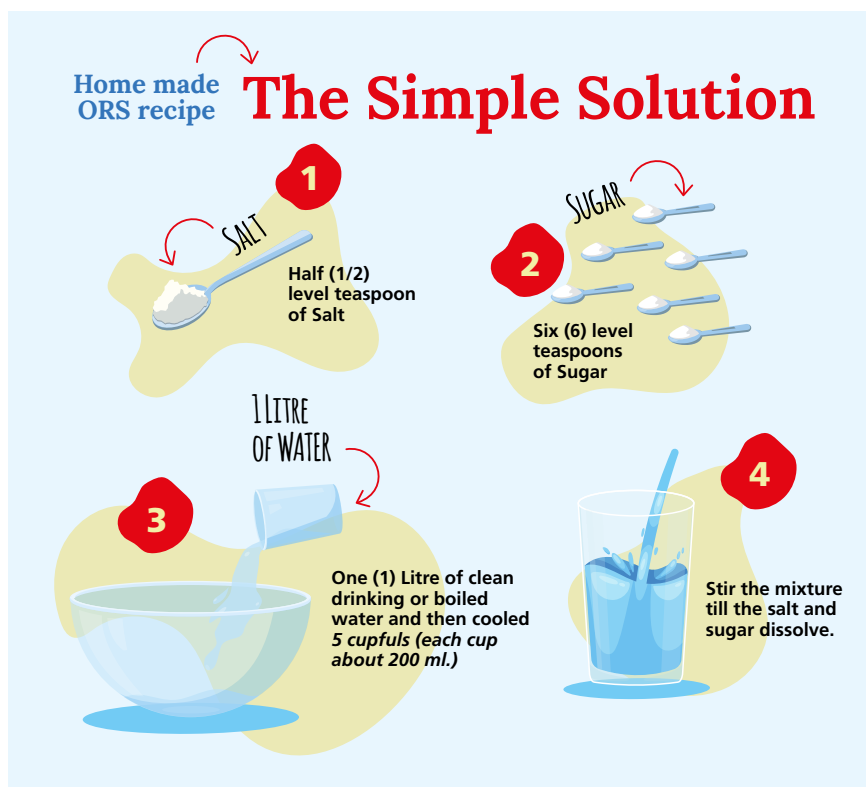
2. **Drink plenty of water or oral rehydration solution (ORS) and food-based fluids such as soup or buko juice.**

- If your urine is dark yellow, you need to drink more water until your urine is a lighter color.
- If ORS packets are available, mix them with 1 liter of water. If they are not available, you can make home-made ORS by following these steps:
  1. Wash your hands thoroughly.
  2. In a clean container, mix the following ingredients:
    - \* 1 liter of safe drinking water
    - \* 1/2 teaspoon (3.5grams) of salt
    - \* 4 tablespoons (or 8 teaspoons) of sugar (40 grams)
  3. Stir the mixture well until the salt and sugar are fully dissolved in the water.

### URINE COLOR CHART TO ASSESS HYDRATION



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>

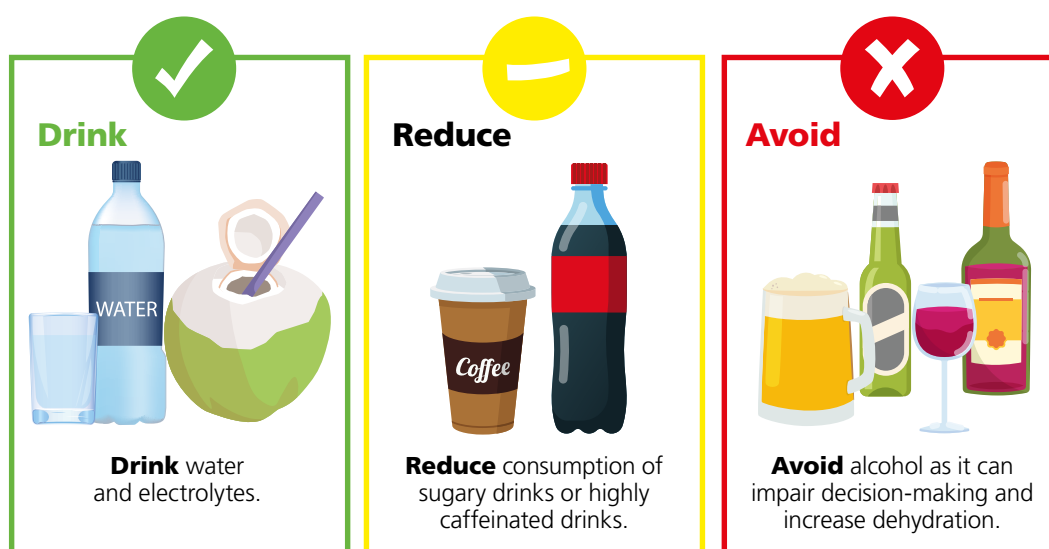


- If you have heart or kidney problems, ask your doctor how much you should drink.
- Avoid soft drinks, alcohol, coffee, tea, energy drinks, and other drinks with sugar or caffeine. They can make you more dehydrated.

If you are drinking a lot of water to stay hydrated, make sure to add a little extra salt to your food or add some oral rehydration salts to your water.

To stay hydrated, I will drink:

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## Food Safety

Food spoils more quickly in hot weather. Spoiled food can make you sick. Do not eat food that appears or smells spoiled. Meat, fish, and milk products can spoil especially fast.

- 3. Protect yourself from the sun.** Wear loose, lightweight, light-colored clothing, hat or head covering, and sunscreen (SPF 30 or higher). You can use an umbrella or parasol to provide shade.

To stay cool, I will wear:

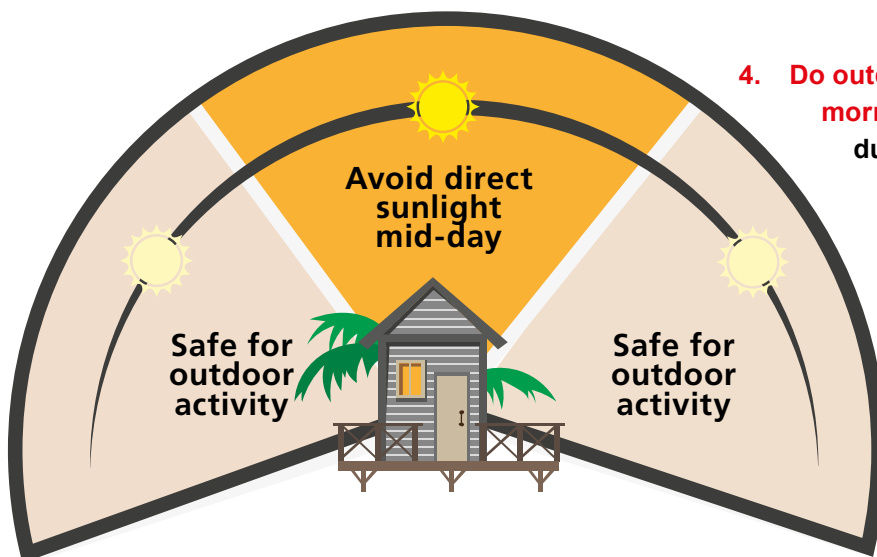
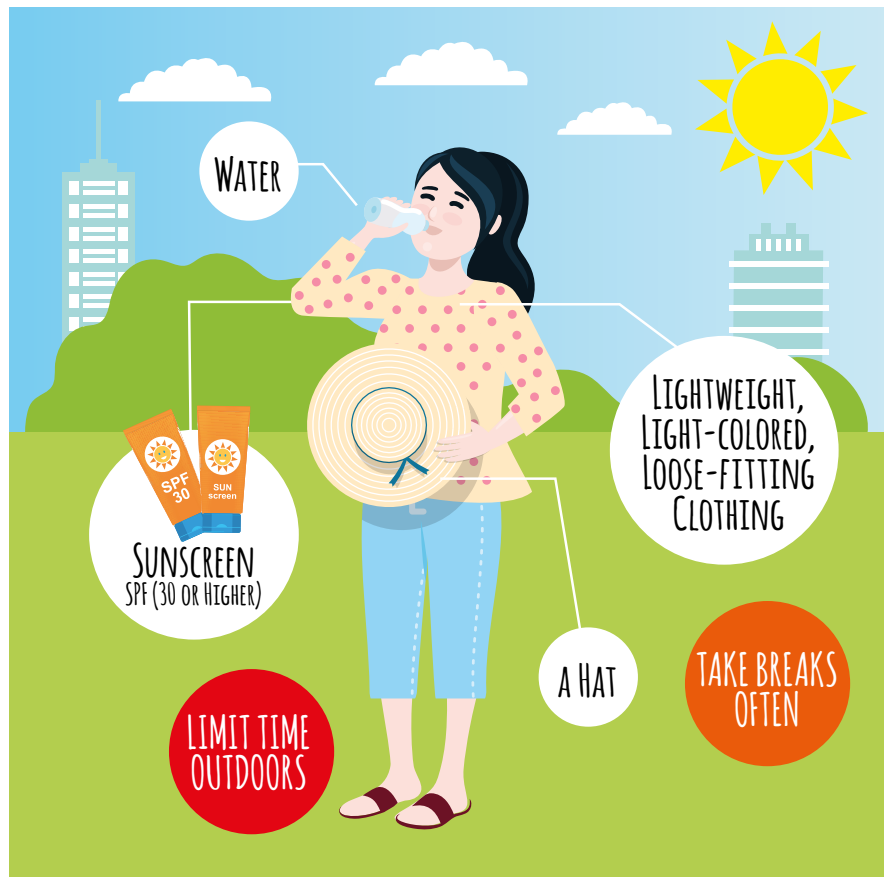
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- 4. Do outdoor work when it is cool, in the morning or evening.** Avoid working during the hottest part of the day. Particularly during extreme heat, check local temperature and humidity to know when it is safe to work outdoors.

If you have to work in the heat:

- Take breaks in the shade or in a cool space.
- Drink plenty of water.
- Talk about a heat safety plan with others.

- 5. Take steps to cool down:**

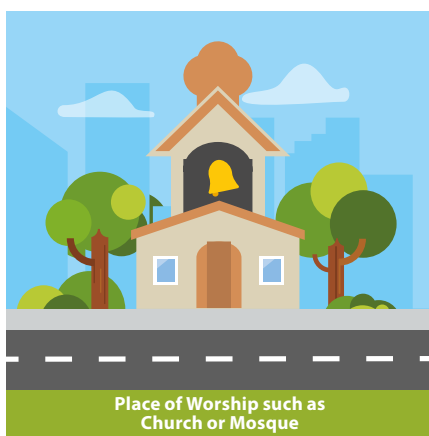
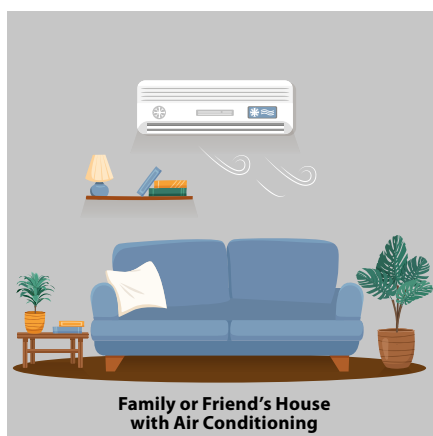
If you have to work in the heat:

- Rest, shade, and hydration are essential.
- Running a fan can help, but if the temperature is above 37°C, also wet your skin with water to help cool down.
- If possible, move to a space with air conditioning (see Tip 6)

To cool off, I will:

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## 6. Go somewhere cooler if it's too hot where you are.



If needed, I can go to:

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I will get there by:

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## 7. Know what to do if you, or someone around you, is suffering from a heat-related illness.

You can get medical help through the following:

- Local Rural Health Unit
- Nearest local health facility
- 911
- Barangay / LGU Emergency Hotline
- NDRRMC or CDRRM

### First Aid

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.

### Enteric Infections

If you have vomiting and diarrhea, you are at higher risk of health problems during hot weather. Use ORS to stay hydrated. Seek medical attention if they are having concerning symptoms such as fever or bleeding, feel like they might pass out, or have problems staying hydrated.

## 8. Take your medicines as prescribed unless your provider tells you not to.

If you have high blood pressure, diabetes, heart problems, kidney problems, a mental health condition, or other health problems, talk to your doctor.

My health care provider told me to do the following when it is hot out:

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## 9. If you, or a loved one, have any of the below conditions, also review the Tips for People with Specific Health Conditions:

- ▶ Dementia
- ▶ Diabetes
- ▶ Heart Disease
- ▶ Kidney Disease
- ▶ Lung Diseases (Asthma, COPD)
- ▶ Mental Health Conditions
- ▶ Multiple Sclerosis
- ▶ Pregnancy
- ▶ Small Children or Older Persons

## Heat Exhaustion vs. Heat Stroke



### HEAT EXHAUSTION

**Heat Exhaustion symptoms** that need emergency medical attention include:

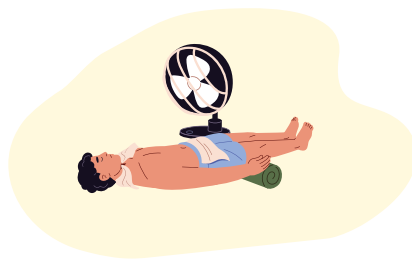
- Feeling weak or extremely tired
- Nausea
- Heavy sweating
- Feeling light-headed or as if you might pass out
- Heat cramps

### 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](#)



# Tips for People with Pre-Existing Health Conditions

## For Patients



### Dementia

1. Hot weather can pose health risks for individuals with dementia, like Alzheimer's disease or Parkinson's.
2. Dementia patients have a **higher risk of heat stroke, hospitalization, and death** during heat.
3. Dementia can **impair temperature regulation and memory**, making people forget to stay hydrated or seek cooler places.
4. Regularly check on individuals with dementia during the day and early evening to ensure their well-being.
5. Remind those with dementia to drink fluids and move them to a cooler place if they are in a hot environment.



### Diabetes

1. High temperatures can lead to dehydration and cause problems with blood sugar control for people with diabetes. It is especially important for you to drink enough fluids.
2. Keep your blood sugar monitor (glucometer) and insulin cool, but do not put insulin directly on ice.
3. Monitor blood sugar before, during, and after activity in hot weather; adjust insulin if needed.
4. Avoid strenuous activity during the hottest part of the day, and sleep in a cool area.



### High Blood Pressure, Heart Disease and Stroke

1. Hot weather can put stress on the heart and lungs and cause problems for those with cardiovascular diseases, such as heart failure or a history of heart attack.
2. Watch out for both **dehydration** and **overheating**.
3. Talk to your doctor about how to manage your heart medicines.
4. Avoid strenuous activities during the hottest part of the day and sleep in a cool environment if possible.



### Kidney Disease

1. Kidneys work extra hard in hot conditions and can be damaged if you do not drink enough water. Ensure **proper hydration**, indicated by light-colored urine. Watch out for changes in your usual urinary pattern.
2. Individuals with chronic kidney disease or on dialysis have a higher risk in hot weather.
3. Talk to your doctor about how to manage your kidney medicines.
4. If your kidneys are unhealthy you may not be able to drink large amounts of water safely. Discuss your ideal fluid intake with a health care provider and dietician and monitor your weight to track your water intake and loss.



### Lung Diseases (such as Asthma or COPD)

1. Hot weather can be dangerous for people with lung conditions like COPD and asthma.
2. **You may monitor air quality** using the Real-Time Ambient Air Quality Monitoring <https://air.emb.gov.ph/ambient-air-quality-monitoring/> to decide whether it's safe to be outdoors. If the air quality is below 50, outdoor activities are generally safe. Consult your health care provider if it's above 50."
3. **Seek cool environments** on hot days if you have a lung condition.
4. **Stay indoors when air quality is poor** due to smoke or pollution, particularly on hot days when smog is visible.
5. Make sure you have the necessary medicines available, such as inhalers. Store medicines at the recommended temperature from the manufacturer.



### Mental Health Conditions

1. Hot weather can **exacerbate symptoms** of mental health conditions and **disrupt sleep**, leading to worsened symptoms.
2. Certain mental health conditions and **medications** such as antidepressants and antipsychotics can impair the body's ability to cool down. Take extra care in the heat if you take these medicines. Do not stop taking them just because it is hot. Talk to your doctor.
3. Avoid extremely hot places or workspaces and drink plenty of fluids.
4. If you, or someone, appears lightheaded, confused or behaves unusually, move to a cooler environment and seek medical attention.
5. Check in on people who are living with mental health conditions every day when it is hot.



### Pregnancy

1. Pregnancy can **make it more difficult to cope** with hot weather.
2. Hot weather can be risky for pregnant women and their unborn babies.
3. Heat is associated with a **risk of birth defects** and higher chances of **pregnancy loss** or **premature birth**.
4. Pregnant women should take precautions to stay cool and avoid excessive heat.



### Small Children

1. Babies and small children are more vulnerable to heat due to their small bodies and difficulty controlling their temperature.
2. Keep babies and children in a **cool and shaded area** during hot weather.
3. Ensure babies and children stay **well-hydrated** with fluids or breast milk.
4. Make sure they are urinating regularly
5. **If a baby or child appears pale, floppy, or exhibits unusual behavior, seek immediate medical attention.**



### Older Persons

1. Older persons can have difficulty staying cool during hot weather.
2. During dangerous heat, many of those who are injured or die are older persons.
3. Prevention is the best medicine. If you are over age 65, be extra careful to **avoid strenuous outdoor activities** during hot conditions.
4. If your house is too hot, ask for help from others to **get to a safe, cool location**.
5. If your neighbor, friend, or family member is an older person, check on them during hot weather, and, if possible, find them a safe place to stay until the weather cools down.
6. **If an older person is behaving unusually during hot weather, appears pale or weak, or is having difficulty walking, seek medical attention right away.**