



Tip Sheet For Patients With Diabetes

Staying Safe When It's Hot Outside

First, know when being outside may put your health at risk.

To get your local forecast, use your phone's weather app or go to weather.com and type your town or zip-code in the search box at the top of the screen.



Click the app and look for a heat advisory or heat warning.

You can also tune in to your local weather forecast on TV or radio and listen for an announcement of a heat advisory or extreme heat warning.

If you feel hot, even if a heat advisory or warning hasn't been given, you can use these tips to stay safe:

- 1. Drink to help your body handle heat.** Avoid sugary drinks, alcohol and caffeine in coffee, tea, energy drinks, and some sports drinks. Eat light, easy-to-digest foods, such as fruit or salads. For most people, when your urine is light yellow or clear, you are well hydrated. If your urine is dark, you need to drink more. However, if you are on dialysis, or take diuretics (i.e., water pills) talk with your provider about how much water you should drink when it gets hot outside.
- 2. Take your medicines as prescribed unless your provider tells you not to.** Many medicines may affect your ability to deal with the heat. These include medicines for high blood pressure (ACE inhibitors, angiotensin receptor blockers/ARBs, or beta blockers), medicines for depression and anxiety (selective serotonin reuptake inhibitors/SSRIs), or antipsychotics such as quetiapine (Seroquel), risperidone (Risperdal), and olanzapine (Zyprexa) among others.
- 3. Do outdoor activities when temperatures are lower, usually in the morning before 11 a.m. or after 6 p.m. in the evening.** If you use a fan, use it only when the temperature is below 95°F and point it away from your body. Blowing hot air on your body can increase your body temperature.

4. **Keep your glucometer cool — and your insulin, too, if you use it.** If you use insulin, check your blood sugar before, during and after you have been active. In hot weather, you may need to change how much insulin you use.

If you're traveling, keep insulin and other medicines in a cooler. However, do not put insulin directly on ice or a cold pack.

Heat can damage your blood sugar monitor, insulin pump, test strips, and other diabetes equipment. Do not leave them in a hot car, by a pool, in direct sunlight, or on the beach.

5. **Use cool water on your body: Take a cool bath or shower or dampen cloths for a sponge bath.** If you work outdoors, take frequent breaks to rest and rehydrate in a shaded or air-conditioned area, and discuss a heat safety plan with your employer.
6. **Dress for success.** Wear loose-fitting, lightweight, and light-colored clothing. Wear sunscreen and a hat when you're outside. *Do not go barefoot*, even on the beach or at the pool because the ground may be hot and can burn your feet.
7. **Know where to go to stay cool.** If you do not have air conditioning at home, it is too expensive, or the temperature in your home is over 80°F, know where you will go to stay safe when it gets hot outside. This can be a neighbor or friend's home, a place of worship, a community center or a building designated by your town or city as a cooling center.
8. **Know the signs when your body is telling you it's too hot.**

Heat Exhaustion	OR	Heat Stroke
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
Get to a cool air-conditioned place Drink water if fully conscious Take a cool shower or use cold compress		CALL 911 Move person to a cooler place Cool using cool cloths or bath If unconscious, do NOT give anything to drink