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# **Staying Safe in Hot Weather**

**Español** 

Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia — a heat-related illness. Learn more about the signs of hyperthermia and how to prevent hot-weather illness.

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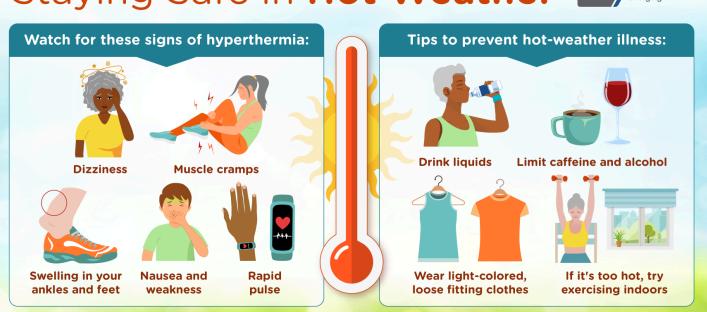
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# Staying Safe in Hot Weather





Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

## You may also be interested in

- Learning more about hot weather safety for older adults
- Reading about <u>exercising safely outdoors in hot weather</u>

• Watching a video on exercising safely in hot weather

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