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# Staying Safe in Hot Weather

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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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## Staying Safe in Hot Weather



### Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

### Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).

## You may also be interested in

- Learning more about [hot weather safety for older adults](#)
- Reading about [exercising safely outdoors in hot weather](#)

- Watching a [video on exercising safely in hot weather](#)

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