

# BEAT THE HEAT

Information for People with Chronic Diseases



*Check with your doctor about how medications can affect the body's response to heat*



*Stay hydrated, avoid strenuous activity, and talk to your doctor about replacing lost electrolytes.*



*Make sure a friend or neighbor knows to check on you.*

## DID YOU KNOW?

- Certain chronic diseases may impair the ability to sense and respond to temperature changes. Talk to your doctor in advance.
- Individuals with asthma, COPD, heart disease, heart failure, diabetes, kidney disease, mental illness, or obesity are more likely to suffer the negative health effects of extreme heat.
- Medications can worsen the effects of extreme heat. Review medications with your doctor and create a plan for hot days.
- Excessive sweating can remove important salts and minerals from your body. Stay hydrated and talk to your doctor about how to replace these electrolytes.
- If your doctor limits the amount of fluid you drink or has you on water pills, ask how much you should drink when the weather is hot.

## RESOURCES

1

*Stay cool. Find public cooling centers, public pools, parks, beaches, and Boston Public Libraries.*

2

*Meals on Wheels & Home Health Aides can visit on hot days.*

3

*You may be able to get a ride with MBTA The RIDE or Senior Shuttle. Call 3-1-1 to see if you qualify.*

**For more information on these resources,  
call 3-1-1 or visit [boston.gov/heat](http://boston.gov/heat)**