



A heat warning is in effect for the Calgary region, with temperatures expected to climb to the mid to high 30s.

Older adults are more prone to heat-related health problems due to factors such as age-related changes in our sense of thirst and temperature regulation, the presence of chronic medical conditions, and use of prescription medications that can affect how our body regulates temperature. For more information on this topic, please visit the [Centers for Disease Control and Prevention website](#). The [City of Calgary website](#) is also a good source of general information on dealing with this unprecedented heat wave.

Some Tips for Preventing Heat-Related Illness in Older Adults

- Tune into your local news station or app for up-to-date weather information
- Stay in an air-conditioned space as much as possible and cooler rooms during hot periods of the day
- Cool down by applying cool compresses or having a fan blow on you
- Avoid direct sunlight as much as possible and keep windows, draperies, shades, and blinds closed during the day but open windows at night when it is cooler
- Drink more water than usual and do not wait until you are thirsty
- Do not use the stove or oven to cook
- Wear lightweight, loose-fitting, and light-coloured clothing
- Do not engage in very strenuous exercise and limit outdoor activity
- Take cool showers or baths to cool down
- Ensure pets have plenty of water
- Check on a friend or neighbour and have them do the same for you
- Seek medical care immediately if you or someone you know has symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting