

Cathay Home & Care Services
Important Reminder for Consumers or Carers in Hot Season / Weather

It is likely that we will experience hottest weather from January to March in every year. The heat-related illness can be a very serious problem, especially for frail older people. Due to normal age-related changes to the body, older people do not always recognize that they are over-heated.

In addition, older people are more likely to have a chronic medical condition and to be taking medication that may interfere with the body's ability to regulate fluid. The following information is to provide better understanding in this issue, and to help you to assist the clients to minimize the risk of heat-related illness.

Older people who are at risk for heat-related illness include those who:

- have impaired mobility, especially those confined to bed or those lacking ability to leave their home for a cooler place;
- are taking medications that can impair temperature regulation, such as Parkinson disease medication.
- are taking other medications that lead to fluid loss, which can compound the problems of dehydration;
- Have a chronic disease, such as congestive heart failure or diabetes;
- Live alone, have poor social support or a poor social network;
- Lack access to air conditioning; and
- Even health people are at risk of developing heat-related problems, just because of the ageing changes in their physiology.

Signs and Symptoms of Heat Stress

- ✧ Heat exhaustion: Extreme fatigue, muscle aches, nausea, fever, clammy skin, rapid pulse, vomiting
- ✧ Heat Stroke: Confusion, agitation, hyperventilation, racing pulse, lethargy, convulsions, high body temperature, eventual loss of consciousness.

Prevention – DO & DON'T

DO –

- ✓ Keep windows open;
- ✓ Check the house temperature is kept comfortable;
- ✓ Stay in the shade as much as possible;
- ✓ Keep curtains and blinds closed to reduce excess heat;
- ✓ Drink plenty of fluids & consume adequate nutrition;
- ✓ Wear a hat if you have to go outside in the sun, including in backyard;
- ✓ Use sunscreen and keep skin covered when exposed to direct sunlight;
- ✓ Pay attention to weather forecast;
- ✓ Use fans or seeks places that are air-conditioned;
- ✓ Dress loose fitting clothing in lighter colours;
- ✓ Take an additional tepid showers or sponging if necessary;
- ✓ Check cooling systems are working effectively; and
- ✓ Make arrangements for a portable air conditioner, cooler or fan if the home is not air-conditioned (remembering that the use of fans in an overheated environment can make dehydration worse);

DON'T

- Do not drink alcohol. Alcohol consumption can lead to dehydration;
- Do not eat heavy meals. Eat frequent small meals; and
- Do not expose to sunlight between 11 am and 3 pm.

Please talk to your family / GP / case manager if there are signs of heat-related illness found.



致：國泰會家庭護理服務長者/照顧者

重要提醒：〈長者健康與對抗炎夏的認識和預防措施〉

在每年1月至3月，每是天氣最暑熱的日子。對年老的長者，因暑熱引發有關的疾病會是一個非常嚴重的問題。長者由於身體與年齡有關的正常變化，總是不理會自己身體出現過熱。此外，長者更可能有慢性疾病和服藥因素，可能會干擾其身體調節的能力。以下的信息是在這個問題上提供一些的認識，以減低長者出現暑熱引發有關的疾病風險。

誰會可能出現有關暑熱引發的疾病風險，包括：

- 欠缺活動能力的長者，尤其是局限於睡床上或缺乏出外往一個清涼的地方;
- 正在服用可以影響體溫調節藥物，如帕金森病的藥物;
- 正在服用一些會導致水分流失的藥物;
- 慢性疾病患者，如心臟衰竭或糖尿病;
- 獨居和社交孤立;
- 缺乏家用空調設備; 及
- 身體健康的長者可能因生理老化現象，也會遇到暑熱的問題。

症狀:

- 輕度中暑：極度疲勞，肌肉疼痛，噁心，發燒，皮膚濕冷，脈搏快，嘔吐
- 中暑：神志不清，情緒激動，呼吸急速，脈搏急動，嗜睡，抽搐，體溫高，最終失去知覺暈倒。

預防措施 – 應要和不應要

應要 -

- 打開窗戶，保持室內通爽涼快;
- 檢查屋內溫度，保持舒適;
- 盡可能留在陰涼地方;
- 保持窗簾和百葉窗關閉，以減低室內過熱;
- 多喝水及注意足夠的食物營養;
- 如果你要出外(包括房子花園處)，在陽光下，戴上帽子;
- 當暴露在陽光下，使用防曬霜，並遮蓋皮膚;
- 留意天氣預報;
- 使用的風扇或尋找空調的地方;
- 穿着寬鬆及淺色衣服;
- 如須必要，可以微溫水或海綿沐浴;
- 檢查冷氣系統有效運作; 及
- 如果家裡沒有空調，購買一個便攜式空調、散熱器或風扇（記住，在過熱的環境中使用，可能使脫水情況更惡化）



不應要

- 不要飲酒。飲酒可導致脫水;
- 不要吃太飽。多吃頻繁的小餐;
- 上午11時和下午3時之間，不要暴露在陽光下。

如有懷疑自己可能出現暑熱引發有關的疾病症狀，請告知你的家人/家庭醫生/個案經理。