



Florida Summer Heat Safety

Large Print

For older adults, caregivers, and senior communities



Heat + humidity can sneak up quickly.

Cool down early. Drink water before thirst. Check on each other every hot day.



Stay Cool

Use air conditioning or go to a cooling place if home is too warm.



Sip Water

Drink water throughout the day. Ask your doctor about fluid limits.



Plan Errands

Go early or after sunset. Pace yourself and rest often.



Dress Light

Loose, light-colored clothing, sunscreen, hat, and sunglasses.



Know Warning Signs

- Dizziness, weakness, or headache
- Nausea, cramps, or heavy sweating
- Fast heartbeat, very hot skin, or fainting



Call 911 for confusion, fainting, seizure, slurred speech, or symptoms that get worse.

Daily 60-Second Check

Before stepping outside:

- ✓ Water bottle filled
- ✓ Light clothing ready
- ✓ Phone charged
- ✓ Buddy check-in planned
- ✓ Medicine risk reviewed



Caregiver check-in: Is the room cool? Any dizziness, cramps, headache, or confusion?



Health note: Some medicines and chronic conditions can increase heat risk. Keep emergency contacts visible and charge your phone before going outside.

Based on CDC guidance for older adults and extreme heat. For emergencies, call 911.