



July 2017

Safety in Warm Weather

Summer has just started and the warm weather will soon be here to stay (for a while!) We want you to have an enjoyable, fun and **safe** summer!

While visiting some EMS LifeLink clients during our last blast of hot weather we found that many client's homes were kept at a warmer temperature than is considered safe for senior citizens. When the weather gets warm, here are a few things to keep in mind:

- Running your air can be expensive, but during hot weather it is important to lower the humidity and temperature in your home to avoid heat exhaustion and heat stroke.
- If you don't have access to air conditioning, visit a mall, library or friend's home with air conditioning.
- **Stay hydrated!** Dehydration can happen very quickly and is a very serious health concern for seniors. Keep a water bottle with you – add lemon, cucumber slices or mint leaves to your water if you don't care for plain water.
- Avoid extreme outdoor heat. If you don't drive do not wait at the bus stop in high temperatures.
- If you're spending time outside, **make sure to wear your LifeLink button!**
- Know the signs of **heat stroke**: flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion. If you feel these symptoms coming on get to cooler temperatures, drink water and press your button or call 9-1-1 if you need further help.



Two Important Reasons Why You Need a Lift Assist

When talking to potential LifeLink clients, we sometimes hear the question, “I’m married and don’t live alone, why do I need medical monitoring?”

We recommend anyone who is a fall risk to use EMS LifeLink, even if you don’t live alone. In the event an adult you lives with falls, **always** press your LifeLink button and call for a lift assist, you should never attempt to lift them yourself for two important reasons:

1. Attempting to lift an adult who has fallen can cause injury or further aggravate an injury sustained from the fall.
2. In attempting to move someone you can injure yourself!

Remember: Proper movement of a person who is having any type of medical emergency requires at least two trained people!

It’s not the
years in your
life that count.
It’s the life
in your years!

(Abraham Lincoln)

Stair Safety

During hot, humid weather light headedness or dizziness can occur. Because of this it is especially important to take caution on stairs. Remember:

1. Take one step at a time.
2. Hold onto the hand rail.
3. If you feel dizzy, sit down and press your LifeLink button.



Have a fun and enjoyable summer!



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