

#FYI

# PROTECTING ELDERS FROM HEATWAVES

## Practical cooling solutions



The summer heatwave comes with people drinking water and wearing lighter clothes. For the elderly, however, this is rarely sufficient. Their bodies can have difficulties adjusting to heat, and in more grave cases, present serious health hazards.

If you are worried about protecting your elderly loved ones from the scorching heat that is sweeping over the country, take the necessary steps towards better health now.

### COOLING THROUGH REFRIGERATED TOWELS AND SPONGE BATHS

Keeping a towel in the fridge might work wonders. When placed over the shoulders or legs, it cools the skin gently and safely without leaving the person feeling jarringly chilled by ice or freezing packs. In fact,

cooling is not just about AC or fans. Wet cloths can be applied to the different pulse points around the body, including the neck, the wrists, or behind the knees, to help reduce core body temperature.

While full showers sound like heaven in summer, sponge baths with lukewarm water and a soft cloth work best for the elderly. It soaks their body gently, and is

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