

Protecting elders from heatwaves: Practical cooling solutions



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especially important for those having heart or blood-pressure issues since abrupt temperature changes can be harmful to them.

COOLING WITH MIST SPRAYS

Another simple yet effective thing would be to keep soothing products in the fridge. This can be anything from lotions to misting sprays. Its cold application can provide relief from skin irritation produced by heat. In particular cases, elderly people can use mist sprays over their arms, legs, or face when they feel that they are suffering from itchy skin. Through evaporation, this is a good cooling option and pairs well

with a fan.

Review medication

At times, medication is also known to influence elderly people with increased sensitivity to heat. This is because some medicines may interfere with water retention or heat regulation, raising the

temperature sensitivity of an individual. If you are concerned about this, have a doctor go through all prescriptions and see what adjustments can be made to the medication on days of extreme heat.

KEEP COOL WITH BREATHABLE FOOTWEAR

During heatwaves, one should not underestimate the need for breathable

feet. Coax your elders into wearing sandals or perhaps a soft slipper around the house to keep their feet from overheating. That being said, avoid rubber or plastic on hot floors, as they actually trap heat and add to general discomfort.

Prioritise light, water-rich foods

Last but not least, focus on food for elders'

hydration. Heavy, warm meals tend to increase the core temperature of the body. So, water-rich fruits such as watermelon and cucumber are the way to go, along with light alternatives such as smoothies.

By Samayla Mahjabin Koishy

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