

STAYING HEALTHY *in the* HEAT

Who is **MOST AT RISK?**

FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



FACT 3 CHRONIC ILLNESS/ SPECIAL MEDICATION

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.

