

Beat the Summer Heatwave: Prepare Seniors for Summer Weather by Hiring In-Home Care

Comfort Keepers of Warren, NJ, Wants You to be Cool and Safe this Weekend

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/EINPresswire.com/ -- Beating the Summer Heat

The unbearably high temperatures of the summer aren't pleasant for anyone. They make life sweaty, uncomfortable and exhausting. These hot summer days can even prove dangerous and even life-threatening. In fact, more Americans die from heatstroke than all other natural disasters combined.



Comfort Keepers of Warren New Jersey Location

The older you are the more likely heat stroke or heat exhaustion is to impact you. Older people's bodies do not adapt to change in temperature as easily as younger people's. Therefore, it is imperative that you or a reliable caregiver [seek in-home care](#), like Comfort Keepers, check on older loved ones throughout the summer. It is especially crucial to check in on those who live without the benefit of air conditioning. In New York City alone, 80% of heat stroke-related deaths happened in homes without air conditioning.

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Stephanie Howe

nausea and cramps in the arms and legs. A fast, weak pulse and high body temperature, usually above 103 degrees, are also indicative of a heat stroke. Such a body temperature can prove fatal or permanently harmful to the brain, as well as other organs.

Symptoms of Heat Stroke or Exhaustion

It is also vital to remain vigilant about the signs of heat stroke, which may seem dismissable or unapparent at first. These signs include but are not limited to dizziness, faintness,

Again, these symptoms of heat-related illness often go unnoticed or are minimized, so it is essential to take note of any that may apply.

Preventing Heat-Related Illness

In addition to paying close attention to the possible symptoms and signs of heat-related illness, other precautionary steps can be taken:

Remain indoors, especially air-conditioned areas, a majority of the time. Wear light colors, loose clothing, hats with wide brims and, of course, sunblock when outside.

Keep from engaging from arduous physical activity mid-day, when the temperatures are often at their highest. Take regular breaks from outdoor activity. Avoid extreme changes in temperature. For example, a cool shower after a hot day outside can result in hypothermia for those very young or very old in age. Drink lots of water. Avoid fluids containing alcohol, caffeine, or exorbitant amounts of sugar.

If recommended by your doctor, consider taking salt tablets, unless you are on a salt-restricted diet. In which case, consult a medical professional for further advice.

Consult a healthcare professional if you are on prescription diuretics, antihistamines, mood-altering or antispasmodic drugs. These drugs may result in complications during extremely hot weather. Remembering to take your medication is equally important. In-home caregivers make this easy. Cover windows that let in lots of sunlight. Curtains work, but it is proven that awnings or louvers are more effective in lowering heat.

Check in often on friends, neighbors, and family who are ill, elderly or in need of home care. If you are the one requiring help, arrange to have family, friends or a home care aid check in with you at least a couple of times a day.

If symptoms of heat illness are displayed, such as (dizziness, nausea, headaches, muscle cramps), immediately move indoors, with the help of a loved one or in-home caregiver, to a cooler location, rest and slowly drink some water. If this does not help, seek medical attention straight away.

Preventing Heat-Related Illness in Places Without Air Conditioning or Power

Stay on the lowest floor possible, away from sunshine.

Refrigerate any prescription medicine recommended to by a healthcare professional.

Keep bottles of water in your freezer, at the ready for a power outage.

Reach out to a loved one or senior care service near you to help get you to a cooler area, like a library or community center.

How Comfort Keepers Can Keep You Cool

Worry about heat-related illness can be a huge damper on summer, a time meant to be enjoyable. However, this worry can be alleviated with the [help of reliable senior care](#), more specifically Comfort



Comfort Keepers 20 Year Banner



Stephanie Howe

Keepers. In the comfort of your own living room or backyard, our reliable in-home caregivers can make sure you're enjoying the summer without falling prey to the heat. They truly want you to be safe and happy living your own life.

About Comfort Keepers of Warren, NJ:

Comfort Keepers provides award-winning in-home care for seniors and other adults in need of assistance with daily activities. Their highly trained and dedicated caregivers can help your loved one stay in their home for as long as safely possible—a dream come true for both the seniors and their families. Their goal is to enrich the lives of every treasured client while maintaining client safety, well-being, and comfort as each person continues to live independently despite disease and other age-related conditions.

Their caregivers, referred to as Comfort Keepers®, are carefully selected, screened, and trained to provide professional, compassionate assistance that meets the organization's high standards. Through a unique approach called Interactive Caregiving™, Comfort Keepers' caregivers build true friendships with their clients in order to fulfill their emotional and social needs.

To find out more about Comfort Keepers of Warren New Jersey's commitment to excellence, please call (732) 369-3639.

This release was drafted by [Results Driven Marketing, LLC](#): a full-service digital marketing, public relations, advertising and content marketing firm located in Philadelphia, PA

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