

NEWS

You Can Use

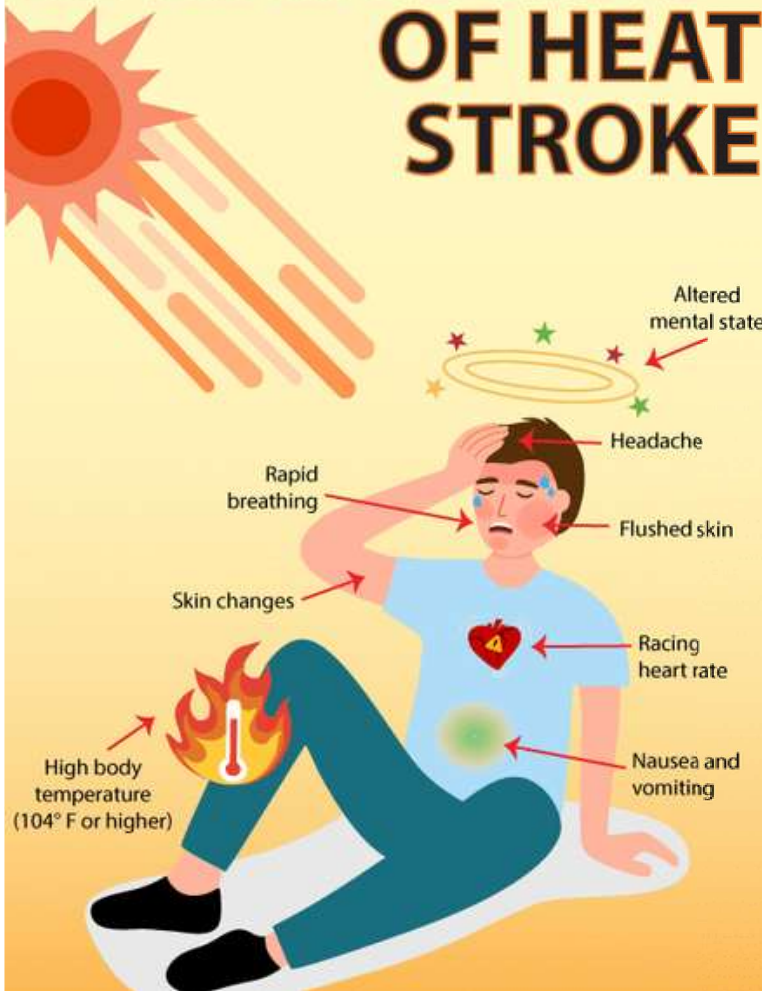


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BE SAFE IN THE HEAT

WARNING SIGNS OF HEAT STROKE



As temperatures rise, many people enjoy working or playing outdoors. Having fun outside can quickly lead to becoming overheated. High humidity and excessive heat exposure can be dangerous to your health. Seniors are at high risk for heat-related illnesses due to age-related changes, chronic health conditions, medications, etc. . Know the signs of heatstroke, and follow these tips to avoid an emergency:

WHO IS MOST AT RISK:



If you or a loved one experience any symptoms of heat stroke, quickly move into air-conditioning, drink water, and remove any extra layers of clothing. Seek prompt medical attention.



Stay Out of Direct Sun in Hottest Part of the Day (~10am-4pm).



Avoid Exercise During Hottest Part of the Day.



Acclimate to Hot Conditions Slowly. Keep your home Cool.



Eat Light Food.



Drink Plenty of Fluids, water preferably. Limit dehydrating beverages, like coffee and alcohol.



Wear Sunscreen.



Wear Light-Colored, Loose Clothing and Sunglasses.



Never Stay In or Leave Anyone in a Parked Car.

DEHYDRATION

SYMPTOMS



THIRST



DRY MOUTH



LESS FREQUENT URINATION



DRY SKIN



HEADACHE



RAPID HEARTBEAT

Our bodies are made up of 60% water. Excessive sweating in hot weather, diarrhea/vomiting, fever and certain meds can increase dehydration risks. As we age, we have a naturally weaker thirst sensation, less efficient kidneys and reduced fluid reserves.

Cognitive changes and mobility issues also can influence when and how much we drink. Even common medications seniors take can increase fluid loss.

Follow these tips to stay hydrated and stay safe this summer! And be aware of dehydration symptoms!



Drink Water Regularly.



Don't ignore thirst or dizziness.



Increase fluids with any fever, vomiting, diarrhea, outside activity.



Carry a reusable water bottle with you.



Eat water-rich foods: watermelon, strawberries, melons, lettuce, cucumbers, celery, zucchini.



Limit caffeine & alcohol intake.



Monitor Urine Color.



Opt for electrolyte drinks when appropriate.

FALL PREVENTION

Falls are a leading cause of injury among older adults but are highly preventable. Small changes in your space can drastically reduce the tripping or slipping hazards. Building strength and flexibility can help you be less likely to lose your balance. And reviewing your prescriptions, having regular vision and hearing screenings, and using handrails or a prescribed cane or walker can all work together to lower your risk of falling and prevent injury!

General

- ✓ Keep walkways open and free of clutter
- ✓ Eliminate excess rugs or floor mats
- ✓ If you have stairs, install proper railings on both sides

Hallway

- ✓ Keep hallways well lit with bright bulbs
- ✓ Eliminate miscellaneous trip hazards such as: umbrellas, shoes, etc.

Bedroom

- ✓ Install night lights
- ✓ Ensure lamps are within reach
- ✓ Have a phone at bedside

Kitchen

- ✓ Keep often used items in easy to reach places
- ✓ Eliminate the use of a step stool

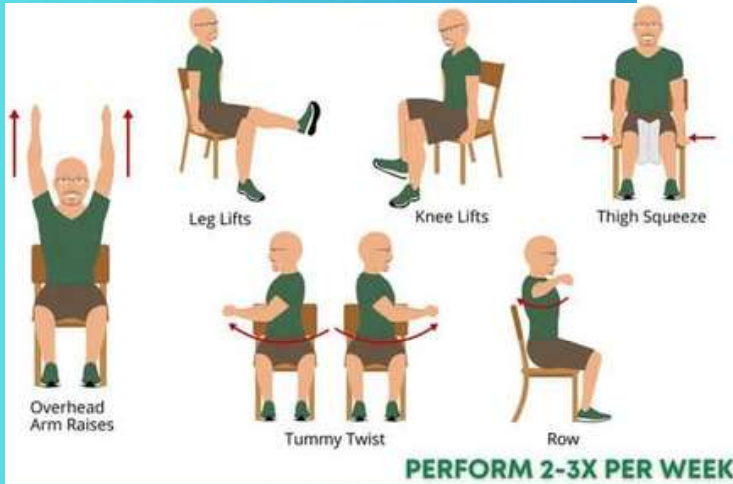
Bathroom

- ✓ Install grab bars inside & outside of your shower and next to your toilet
- ✓ Use non-slip bath mats
- ✓ Consider a shower chair

GET MOVING

Stay active with these simple seated exercises! Chair exercises offer a safe, easy way to move your body and minimize the risk of falls or joint strains. You can improve balance, build muscle, and increase blood flow in just a few minutes! Plus, seated exercises release endorphins to elevate mood, reduce anxiety and improve sleep! Perfect for helping to maintain strength and mobility! Even if you haven't been active in a while, seated exercises are adaptable to any level! No fancy equipment needed!

Try some of these and repeat 2-3 times a week! Your body will thank you!



7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



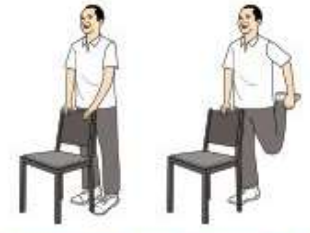
5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch



EASY MEAL IDEA

Looking for a quick breakfast or anytime meal that freezes well, is ready in a flash, and has protein AND veggies? These egg and veggie muffins do it all!

Ingredients:

- 6 Eggs
- 1 cup chopped veggies (use what you have, such as bell peppers, spinach, tomatoes. OR, buy frozen varieties for pre-chopped ease!)
- 1/2 cup shredded cheese (optional)
- salt & pepper or seasoning of choice!
- optional add ins: diced ham or real bacon pieces, mushrooms, sausage, etc!



Instructions:

- Preheat oven to 350
- Grease muffin tin
- Whisk eggs and season with salt & pepper
- Stir in chopped veggies and cheese
- Pour mixture into muffin cups, to about ¾ full
- Bake for 18-20 min, until set in middle.
- Let cool, freeze in airtight bags for easy grab and go meals!

To Re-heat: microwave for 30-45 sec!
 Servings: 6, Prep Time: 10min,
 Cook Time: 20 min, Total Time: 30 min. Calories: 150 per serving



Heat Stroke Symptoms

S K M O E T J D I W O T H I R S T
 S D V C F U K Z B D K K F Y R E G
 F L H K A M G L U S E E G B L T T
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 R X E M F Z N Y G R C C Z Y A E S
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|----------------|---------------|-------------|
| HEAVY SWEATING | MUSCLE CRAMPS | RAPID PULSE |
| EXHAUSTION | DIZZINESS | WEAKNESS |
| HEADACHE | VOMITING | FATIGUE |
| NAUSEA | THIRST | FAINT |