

Actions that help people with diabetes stay safe during extreme heat.

Stay Hydrated: The heat can lead to increased fluid loss through sweating. Dehydration can affect blood sugar levels, so it's crucial to drink plenty of water throughout the day. Avoid sugary drinks and opt for water or sugar-free beverages.

Choose the Right Time for Physical Activity: If engaging in outdoor activities, try to do so during cooler parts of the day, such as early morning or late evening. Heat can affect energy levels and might lead to fluctuations in blood sugar levels.

Wear Proper Footwear: Pavement and walkways can exceed 150 degrees and walking barefoot can lead to serious burns. Always wear shoes. Also, be aware that hot weather can cause feet to swell. Wear comfortable, well-fitting shoes and socks help to prevent blisters and potential foot injuries.

Dress Lightly: Wear light, breathable clothing that allows your skin to stay cool and sweat to evaporate. Loose-fitting, moisture-wicking fabrics are ideal for hot weather.

Use Sunscreen and hats: Protect your skin from sunburn with sunscreen, long sleeves, pants, and hats. Also don't forget shoes to prevent sunburned feet.

Be Prepared for Emergencies: Always carry a form of medical identification that indicates you have diabetes, along with emergency contact information. If away from home, inform companions about your condition and what to do in case of an emergency.

Seek Shade and Take Breaks: When spending time outdoors, find shaded areas and take frequent breaks to rest and cool down. Avoid direct exposure to the sun, especially during peak heat hours (typically 10 am to 4 pm).

Plan Meals Mindfully: Eat light, refreshing meals that require minimal cooking. Fresh fruits, vegetables, and salads are excellent options during hot weather.

Use Fans and Air Conditioning: If possible, stay in air-conditioned or well-ventilated spaces. Electric fans can also help circulate air and make you feel cooler.

Close Curtains and Blinds: Keep curtains and blinds closed during the hottest parts of the day to block out direct sunlight and reduce indoor temperatures.

Take Cool Showers or Baths: A cool shower or bath can help lower your body temperature and provide temporary relief from the heat.

Use Cooling Products: Consider using cooling towels, vests, or gel packs to help lower body temperature. **Use Wet Cloths or Ice Packs:** Apply a cold, damp cloth to forehead, neck, and wrists. Ice packs in these areas can also help cool down.

Create Cross-Ventilation: Open windows on opposite sides of your home to create a cross-breeze, allowing cooler air to flow through.

Stay Informed: Keep an eye on weather forecasts and heat advisories. Stay informed about the temperature and be prepared for extreme heat.

Limit the Use of Heat-Producing Appliances: Avoid using heat-producing appliances like ovens and stoves during the hottest parts of the day. Opt for microwave cooking or cold meals instead.

Avoid Hot Cars: Steering wheels, seat covers and seatbelts can become very hot. Check first before touching. Temperatures inside a car can rise rapidly and become life-threatening.

Check on Vulnerable Individuals: Keep an eye on elderly relatives, neighbors, and those with health conditions who may be more susceptible to heat-related issues.

Communicate with Healthcare Team: It's essential to take proactive steps to stay cool and prevent heat-related illnesses. If you or someone else experiences symptoms of heat exhaustion or heatstroke (such as dizziness, confusion, rapid pulse, or vomiting), seek medical attention immediately.