



NO sweat

Easy to follow tips to beat the
heat and keep your fluids up

*MECC is a joint initiative of Meals on Wheels SA,
Aged and Community Services and SA Health.*

Fluid is essential for your body to function properly. When hydrated we reduce the risk of kidney stones, constipation and urinary tract infection. Keeping hydrated will also improve your physical and mental health on a day to day basis.

It is important for everyone to consume enough fluid each day in order to stay hydrated, but how much fluid do we need to drink to be healthy?

It's important to note that it's not just water that will keep your body hydrated. Milk, fruit juice, cordial, vegetable juice, soup, tea, soft drink, custard, jelly, ice cream and hot chocolate are other alternatives you can consume throughout the day to stay hydrated.

HOW MUCH IS ENOUGH?

Women and men require slightly different amounts of fluid each day in order to stay hydrated.

Women should aim for two litres (8 cups) of fluid while men should aim for 2.6 litres (10 cups) each day. If you are active throughout the day you should aim to increase your fluid intake.





Here are some suggestions for increasing your fluid intake throughout the day:

- Have a drink with each meal and snack, whether you feel thirsty or not.
- Keep a drink bottle with you and sip from it regularly throughout the day
- Put a glass of water nearby where it is in view
- Drink a full glass of water with your medications instead of just a sip
- Keep your favourite drinks in the house, at your preferred temperature
- Choose high fluid foods such as soup, pureed fruit, jelly, custard, or ice cream
- Have a milk drink or fruit smoothie, which also has important nutrients. These nourishing drinks are especially important if you're losing weight

TOP TIP

If you have continence problems, don't restrict your fluid intake as doing so may make things worse. Speak to your GP about how to stay hydrated while experiencing these problems.

ALCOHOL

As we age, our liver is less able to deal with alcohol. A small amount of alcohol will stimulate your appetite, however too much can cause dehydration and reduce your hunger.

Speak with your GP to discuss if alcohol should be included in your diet, particularly because alcohol can interfere with some medications. Remember, if drinking alcohol you should also continue to drink non-alcoholic fluids and have something to eat; avoid drinking on an empty stomach.

On extremely hot days it is important to avoid drinking alcohol and to increase your intake of other fluids instead.

BEAT THE HEAT

During the Summer months, the Australian weather can become extreme, with many states experiencing a heat wave.

It is important to be aware of how this extreme heat will effect your body. The following tips below will help you to stay comfortable and healthy during hot weather.



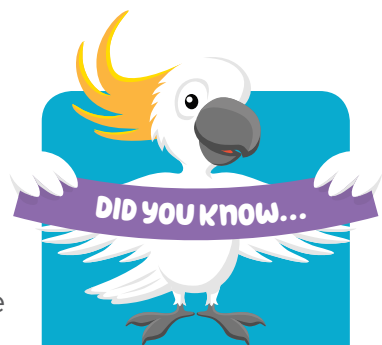


Keep cool

- Keep physical activity to a minimum and rest if you feel tired
- Turn your air-conditioning on. If looking to reduce costs, restrict it to one or two rooms
- If you don't have air-conditioning, put ice chips in front of a fan to create a cool breeze
- Close all curtains, blinds, windows and doors
- Sleep in the coolest part of the house, even if it's not your bedroom
- Suck on ice cubes throughout the day (you can even flavour them with some cordial)
- Put your feet in a bowl of cool water
- Sleep in light clothing with only a sheet
- Use the stove and/or oven as little as possible
- Visit cool buildings such as your local library or shopping centre
- Wear light coloured, loose fitting clothing preferably made from natural fibres like cotton or linen

Stay hydrated

- Drink plenty of water and other cool fluids even if you don't feel thirsty
- Have a bottle of water with you at all times
- Increase your daily fluid intake if possible
- Eat smaller meals more often. Cold meals such as salads and fruit will also keep you hydrated



Our bodies
are made up
of 50% water!

Look after yourself outdoors

- If going outside wear sunglasses and a wide-brimmed hat to shade your face and neck
- Apply sunscreen, even if you're not going to be outside for long
- If you use a wheelchair, walker or any other metal equipment keep it in the shade as it can quickly become hot to touch
- Park your car in the shade
- Where you can, stay in shaded areas

Your medications

- Continue to take all prescribed medications regardless of the heat
- Drink a full glass of water rather than a sip with your tablets
- Some medications can make you more prone to sunburn or heat stress, so take extra care to watch for these signs
- Speak to your GP or pharmacist about any questions or advice you may have about your medications



WHAT IS HEAT STRESS?



Many of us may have experienced heat stress without knowing it. Below are the symptoms of heat stress. If you begin to feel any of these symptoms you should rest and/or seek medical attention like your local GP or Healthdirect Australia on **1800 022 222**.

- Headache
- Feeling dizzy, weak or faint
- Profuse sweating
- Urinating less often
- Muscle spasms or cramps
- Nausea

If you begin to vomit, become confused, have stopped sweating, or noticing hot, dry, red skin, you may have serious heat stress and should contact **000** immediately.

TOP TIPS

Beat the heat

- Ask a family member or friend to check on you twice a day during extreme heat, especially if you live alone
- If you have no one who can call on you, register for the free Telecross REDi Service on **1800 188 071** and a trained Red Cross volunteer will call you up to three times a day to make sure you are well and coping with the heat
- Stay hydrated. Increase your fluid consumption.

Important contact numbers

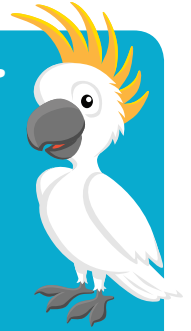
Your GP _____

Healthdirect Australia: 1800 022 222

Emergency: 000

MECC: MAKING EVERY CONTACT COUNT

MECC is about embracing opportunities to talk to people about their health and wellbeing using the skills of asking and listening. MECC recognises the importance of good health and wants to support you to live independently.



Making Every Contact Count (MECC)
SA is a joint initiative of Meals on Wheels SA Inc,
Aged and Community Services SA & NT and SA Health.

MECC SA is based on the UK model, find out more at
makingeverycontactcount.co.uk.

