

A hot summer day can be just as deadly as a chilly winter one for older adults. Take this survey to see how much you know about heat stroke and heat exhaustion. It's based on information from the National Institute on Aging (NIA) and the Centers for Disease Control and Prevention (CDC).

1. Heat exhaustion and heat stroke mean the same thing.

A. True B. False

2. Heat-related illness is only a concern if the temperature reaches 100 degrees F (37.8 degrees C).

A. True B. False

3. Having high blood pressure increases your risk of developing a heat-related illness.

A. True B. False

4. If you're overweight, you're at higher risk of developing a heat-related illness.

A. True B. False

5. The only way to keep cool when it's hot indoors is to use a fan or air conditioner.

A. True B. False

6. If your house is hot in the summer, a good place to seek relief is the public library.

A. True B. False

7. It's harder for older people to tell when they're overdressed for the weather.

A. True B. False

8. If the weather forecast includes a smog alert, you should try to stay indoors.

A. True B. False

9. Headache, nausea and fatigue are common symptoms of heat-related illness.

A. True B. False

10. One of the first steps to treat heat exhaustion is to get the person into a cool place.

A. True B. False

Answer
Before
Lesson