

## Prevention of Heat Illness

During periods of high temperature and humidity, there are things everyone (particularly people at high risk) should do to lessen the chances of heat illness:



Stay well hydrated and drink plenty of water.



Limit your time in the sun, especially between 10am and 4pm, when the sun's rays are most intense.



Avoid over-exertion, particularly during warmer periods of the day.



Dress in loose fitting, light-colored clothing and a hat to minimize skin exposed to the sun.



Keep windows shut, and draperies, shades or blinds drawn during the heat of the day; open windows in the evening or night hours when the air outside is cooler.



Move to cooler rooms during the heat of the day.



During a heat event, one good way to cool down is to take a bath or shower.

## Summer Sun Risks

Many medications, including some antipsychotics and antidepressants, can make your skin more sensitive to the sun, putting you at risk for severe sunburn and placing you at potentially greater risk of skin cancer. You can avoid these risks by doing the following:

- Stay indoors or do not spend much time in the sun.
- Wear clothing that covers your arms and legs and a hat when in the sun.
- Use a broad spectrum sunscreen with a Sun Protection Factor (SPF) value of 30 or higher. Apply as directed.

## Air Quality Risks

- Be aware of air quality and check advisories that tell you when the level of air pollution can make breathing difficult, especially if you have a respiratory disease.
- Take recommended actions to reduce exposure, such as staying indoors and avoiding exercise or prolonged exertion when outdoors.

## Medication Storage

Heat and humidity can alter potency of your medications. Store medications in a cool and dry place away from direct sunlight.



### State of New Jersey

Mikie Sherrill, Governor

Dr. Dale G. Caldwell, Lt. Governor



### Department of Human Services

Dr. Stephen Cha, Commissioner

# Summer Heat and Sun Risks

## When Taking Psychiatric Medications



NEW JERSEY HUMAN SERVICES

# DMHAS

Division of Mental Health and Addiction Services

## Psychiatric Medications Affect Body Heat Regulation

Psychiatric medications may impair the body's ability to regulate its own temperature during hot/humid weather, raising risks of excessive body temperature or dehydration, which can be fatal.

Adults 65+, individuals with behavioral health conditions, and chronic medical conditions (e.g., heart and pulmonary disease, diabetes, alcoholism and other substance use disorders) are especially vulnerable to heat-related illness.

Antipsychotics and many other common medications (lithium, diuretics, antidepressants, anticholinergics, and certain blood pressure and oral Type-2 diabetes medications) are associated with heat illness.

Some examples of psychiatric medications that increase risk of heat-illness include:

### Brand Name

Abilify, Aristada  
Caplyta  
Clozaril  
Geodon  
Haldol  
Invega  
Latuda  
Prolixin  
Risperdal  
Seroquel  
Thorazine  
Vraylar  
Zyprexa  
Zoloff  
Effexor  
Xanax  
Ritalin  
Elavil

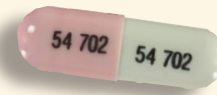
### Generic Name

Aripiprazole  
Lumateperone  
Clozapine  
Ziprasidone  
Haloperidol  
Paliperidone  
Lurasidone  
Fluphenazine  
Risperidone  
Quetiapine  
Chlorpromazine  
Cariprazine  
Olanzapine  
Sertraline  
Venlafaxine  
Alprazolam  
Methylphenidate  
Amitriptyline



## Lithium

Individuals taking lithium will need to be extra careful during hot weather. Because lithium is a salt, if you lose a lot of fluid quickly through perspiration in hot weather, your lithium level may rise quickly. Be sure to get medical help immediately if you have signs of lithium toxicity (level too high), which include dizziness, unsteadiness, tremor, slurred speech, lethargy, and confusion.



## Prevention of Heat-Related Illness

**Heat exhaustion** is a common condition and can occur before “extreme heat” emergencies are declared. Heat exhaustion results from excessive sweating and inadequate fluid and salt replacement that can begin as heat cramps (uncomfortable muscle spasms) and progress. Because the body is unable to cool itself properly, this condition, if left untreated, can progress to heat stroke.

## Signs and Symptoms of Heat Exhaustion

- Irritability or change in behavior
- Low or normal temperature
- Slightly low blood pressure
- Rapid, full pulse and heartbeat
- Cold, pale skin
- Profuse sweating
- Dizziness, headache, and weakness
- Nausea and vomiting
- Abdomen and leg cramps

**Heat stroke** is the most serious heat-related condition and is medical emergency in which body temperature rises dangerously and the body can no longer cool itself. With heat stroke, the symptoms of heat exhaustion worsen and severe confusion or agitation can occur. Heat Stroke is usually seen during heat waves and can lead to death, if an individual is not moved to a cool place and treated immediately.

## Treatment of Heat-Related Illness

- Move to a cooler place as soon as possible
- Drink water; oral electrolyte replacement may help after heavy sweating (unless your doctor has advised you to avoid salt).
- Stop all activity and rest
- If symptoms increase or lead to confusion, seizures, or unconsciousness, call 911, as these are signs of life-threatening heat stroke.