

STAYING COOL WITH SCI

Hot Weather = Higher Risk

Summer Heat Safety Tips for People with Spinal Cord Injury

Hot, sunny summer days can pose serious health risks for people with SCI. Often they can't sweat or cool down properly, which puts them at a higher risk for overheating, heat exhaustion, or even heat stroke.

Stay Cool, Stay Safe Checklist

- ☐ Check for extreme heat alerts before going outside
- ☐ Limit outdoor activity during peak heat from 11 am to 3 pm
- ☐ Wear loose, lightweight clothing
- ☐ Stay in the shade, wear a hat, or use an umbrella to block the sun rays
- ☐ Bring a cooler for cold drinks, water bottles, and ice packs
- ☐ Stay hydrated to keep your core body temperature down
- ☐ Anticipate additional bladder care when increasing fluids
- ☐ Use cooling tools such as misting bottles or neck wraps
- ☐ Visit public cooling centers like libraries, malls, and community centers
- ☐ Ensure someone knows where you are and how to help if you overheat
- ☐ Talk to your doctor—some meds may increase heat risk



Beat the Heat!

Overheating can happen before you notice it!

Know the Signs of Heat Illness

COMMON SIGNS



Headache



Dizziness



Nausea



Confusion



Flushed Skin



Rapid Heartbeat

UNIQUE TO SCI



Nasal stuffiness and/or runny nose



Feeling very tired



Feeling unwell



Feeling unusually hot



Elevated Body Temperature

If symptoms develop, move to a cool place and get help.



Scan to learn more about spinal cord injury research at Kessler Foundation



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sciresearch@kesslerfoundation.org



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