

SUMMER WEATHER AND YOUR MEDICINE

SAFETY INFORMATION

- ⚠ Some medicines make it hard for your body to cool off.
- ⚠ If you take this medicine, you are at higher risk for heat exhaustion or heat stroke.
- ⚠ Take steps to stay cool during hot and humid weather.



What medicines cause this problem?

A lot of **medicines that help emotional and mental health** make it hard for your body to cool off in hot weather. The brand names and generic names of some of these medicines are listed here. Other medicines may also cause this problem. Talk to your doctor about all of the medicines you take.

- Abilify (aripiprazole)
- Clozaril (clozapine)
- Fanapt (iloperidone)
- Geodon (ziprasidone)
- Invega (paliperidone)
- Latuda (lurasidone)
- Risperdal (risperidone)
- Saphris (asenapine)
- Seroquel (quetiapine)
- Zyprexa (olanzapine)
- Haldol (haloperidol)
- Loxitane (loxapine)
- Mellaril (thioridazine)
- Navane (thiothixene)
- Prolixin (fluphenazine)
- Serentil (mesoridazine)
- Stelazine (trifluoperazine)
- Thorazine (chlorpromazine)
- Trilafon (perphenazine)

What can happen?

These medicines make it hard for your body to stay at the right temperature. When the weather is hot your body might get too warm. This can cause **heat exhaustion** and **heat stroke**. Heat stroke is serious and can cause death if it is not treated.

How can I stay safe?

Take steps to **stay cool**, especially on hot or humid days.

- Use **air conditioning** in your house, or spend time in a building with air conditioning.
- Keep your **blinds or curtains closed** when the sun is out. Open your windows at night when the air is cool.
- Drink **water** to stay hydrated.
- Wear **light-colored , lightweight and loose clothes**.
- Plan exercise and outdoor activities for **cooler parts of the day** (early morning or evening).
- Wear **sunscreen**.

