

In-Home Aide Newsletter- July 2026 Posttest
Heat Related Illnesses

Name: _____ **Date** _____

Mark True or False

1. Too much heat is not safe for anyone.

True

False

2. It is important for people to be cautious and get relief quickly when they are overheated.

True

False

3. Heat syncope is a sudden dizziness that can happen when a person is active in hot weather.

True

False

4. Heat stroke is a medical emergency.

True

False

5. Age-related changes can increase the risk of heat related illness.

True

False

6. Heat intolerance is a feeling of being overheated when the temperature around a person rises.

True

False

7. Heat intolerance usually comes on quickly.

True

False

8. An In home aide should document and report according to the client's plan of care heat related concerns observed with their clients.

True

False

9. Dehydration occurs when a person's body does not have as much water and fluids as it needs.

True

False

10. Older adults and people with certain diseases, such as diabetes, are at higher risk for dehydration.

True

False