

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

ANSWERS

1. Too much heat is not safe for anyone.

True

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

True

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

True

4. Heat stroke is a medical emergency.

True

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

True

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

True

7. Heat intolerance usually comes on quickly.

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

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

True

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

True