

# Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

An elderly person or a person with disabilities may face some special challenges if an emergency strikes. Caregivers can help them learn about the challenges that they may face and help them prepare ahead of time. Then they will be better able to cope with the disaster and recover from it more quickly. Answer True or False to the questions below.

1. *Heat stroke* is the most serious heat-related illness.  
T F
2. In the summer heat, you can serve oysters, clams, or shellfish raw as long as they are cold.  
T F
3. *Heat exhaustion* is less severe, more common, and occurs when the body becomes severely dehydrated.  
T F
4. People with dementia may not be able to tell when they are becoming over-heated or may not be able to express their discomfort.  
T F
5. Always wash your own hands and the hands of the person in your care with warm soapy water before preparing or serving food.  
T F
6. The doctor will determine if the person in your care needs to be admitted to a hospital prior to the storm emergency.  
T F
7. In *heat stroke*, body temperature may rise to 106°F or higher within 10–15 minutes, which can cause death or permanent disability if emergency treatment is not provided.  
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8. Air conditioning is one of the best protections against heat-related illness and death.  
T F
9. Alcohol and some medications, such as tranquilizers, can dull an individual’s awareness of discomfort, such as heat related illness.  
T F
10. Older people will not get sick easier from germs in food.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_