

Medications and Heat Safety

Some medications can raise your risk of heat-related illnesses



Raising your body temperature



Lowering your blood pressure



Reducing your awareness of heat



Changing your ability to sweat



Changing your heart's output and heart rate



Increasing your risk of dehydration or fainting

SOME MEDICATIONS ARE LISTED ON THE BACK

Talk to your doctor about your medications and how you can protect yourself during hot weather.



For other heat resources, visit
pima.gov/heat


PIMA COUNTY
HEALTH DEPARTMENT

DRUGS THAT CAN INCREASE YOUR RISK OF HEAT-RELATED ILLNESS:

RECREATIONAL DRUGS

- Includes alcohol, caffeine, methamphetamine, cocaine, fentanyl and heroin.
- These can make you sweat and urinate more frequently which causes dehydration.
- Alcohol and drugs make it harder to realize when you are feeling hot and may cause you to make unsafe choices in the heat.

INSULIN

- Insulin can be damaged in the heat, making it less effective.
- Store in a cool, dark area. Do not leave in hot environments such as a car or in direct sunlight.

COMMON MEDICATIONS

- Non-Steroidal Anti-Inflammatory Drugs (NSAID)—ibuprofen, naproxen, etc.
- Allergy medications (antihistamines) and decongestants
- Irritable Bowel Syndrome (IBS) medications
- Motion sickness/Nausea medication
- Overactive bladder medications
- Parkinsonism medications
- Prescription pain medications—oxycodone, hydrocodone, codeine, etc.

HEART MEDICATIONS

- Blood pressure medicines
- Angiotensin Receptor Blockers (ARBs)
- Beta blockers
- ACE inhibitors
- Calcium channel blockers
- Diuretics/Water pills

PSYCHIATRIC MEDICATIONS

- Depression and Anxiety
 - Selective Serotonin Reuptake Inhibitors (SSRIs)
 - Serotonin and Norepinephrine Reuptake Inhibitors (SNRIs)
 - Tricyclic Antidepressants (TCAs)
 - Benzodiazepines
- Antipsychotics; neuroleptics
- Mood Stabilizers
 - Examples: Neurontin, Depakote, Lithium
- Attention Deficit Disorders
 - Examples: Adderall and Ritalin

CENTRAL NERVOUS SYSTEM (CNS) STIMULANTS

- Dietary agents
- Sleepiness medications



List of Heat-Interacting Drugs
Arizona Department of Health Services
Scan the QR code for a list of medications
that can make the effects of hot weather worse.