

Keep Your Medications Away From Summer Heat!

It gets hot and humid during summertime in Iowa. Heat and humidity can hurt medication. Take care of yourself and your medication when it is hot. Keep your medication out of the sun, hot weather and hot cars.

What temperature should I store my medications at?

Most medications need to be stored at room temperature or in the refrigerator. Room temperature medications should be kept between 59° and 86° Fahrenheit. Refrigerated medications should be kept between 0° and 59° Fahrenheit.

What happens if medications get too hot or humid?

Heat can make the drugs go bad, and the medication will no longer be effective. Capsules and gels can melt and stick together. Liquids will dry up and cause you to take the wrong amount or dose. Injectable medications or shots can dry up or break down and will no longer work correctly.

Does heat affect all medications the same?

All medications can be affected by heat. Some medications can have serious effects on the body when the medicine gets too hot or overheated. These medications include:

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| ▪ Insulin | ▪ Transplant medications | ▪ Arthritis medications |
| ▪ EpiPens | ▪ Blood thinners | ▪ Nitroglycerin |
| ▪ Chemotherapy | ▪ Thyroid medications | ▪ Some diabetes medications |

What can I do to keep my medications cool?

Travel Tips

1. Do not put your medications a car or vehicle, not even the trunk.
2. Take your medications straight home after picking them up.
3. If you cannot go home immediately, keep your medicines with you. Do not leave them in the car.
4. When flying, take your medications your carry-on bag. Do not check medications with your luggage.
5. If you need to travel with a refrigerated drug, use a cool pack to keep it at the right temperature.
6. Only travel with as much medication as you need for your trip to avoid exposing all the medication you have to temperature changes.



Home Tips

1. Keep your medications in a cool, dry place like a kitchen cupboard or drawer of a bedroom nightstand.
2. Do not keep your medications in the bathroom. Bathrooms get too hot and humid.
3. If you have children or pets, keep your medications up high and out of reach.
4. Keep your home at an appropriate temperature. Use air conditioning during extremely hot days.
5. For refrigerated medications, put them back in the fridge immediately after using them.
6. Do not refrigerate medications that are not supposed to be, this can also reduce how well it works.

Ask your pharmacist about taking care of medication in hot weather!

Medications, Heat and You

Some medication may make you more sensitive to summer heat!

When it gets really hot, it can be dangerous for our health! Extreme heat can cause heat-related illness, injury and even death, especially in young children and older adults. People with chronic health conditions are also at risk during hot weather. Some medications we take to help manage chronic health conditions can sometimes affect how well our bodies can tolerate extreme heat.

If you take medications for the following conditions, you may be at risk for injury due to heat:

- Bladder issues such as overactive bladder
- Medications for nausea, motion sickness, or irritable bowel syndrome
- Cognitive and psychiatric disorders
- Parkinson's disease
- Alzheimer's disease
- Blood pressure, heart attack, heart failure, or other cardiovascular disease
- Colds or allergies
- Pain, seizures, or trouble sleeping
- Diabetes
- Kidney, liver, or lung disease

What can I do to make sure my medications are safe for me when it is hot?

1. Talk to your doctor or pharmacist. They know exactly what medications you are taking and can talk to you about how summer heat might affect you. Ask about hot summer weather and your medicine.
2. Drink plenty of water to stay hydrated, especially if you are taking diuretics.
3. Use air conditioning while inside.



★ HEALTH DEPARTMENT ★

Polk County Health Department
1907 Carpenter Ave.
Des Moines, Iowa 50314
(515) 286-3798

www.polkcountyiowa.gov/health