

DID YOU KNOW?



Medications can increase your risk of heat-related illness.

CERTAIN MEDICATIONS CAN INCREASE YOUR RISK OF HEATSTROKE, DEHYDRATION, AND SUNBURN BY IMPAIRING YOUR BODY'S ABILITY TO SWEAT, REGULATE INTERNAL TEMPERATURE, OR RETAIN FLUIDS. HEAT CAN ALSO PHYSICALLY DEGRADE THE ACTIVE INGREDIENTS IN DRUGS, RENDERING THEM LESS EFFECTIVE.

FOR CWU MEMBERS

HEAT ILLNESS GUIDE

COMMON MEDICATIONS AND DRUG CLASSES AFFECTED BY HEAT WAVES INCLUDE:

BLOOD PRESSURE & HEART MEDICATIONS

Diuretics (like furosemide or hydrochlorothiazide) cause fluid loss, accelerating dehydration and electrolyte imbalances.

Beta-blockers (like metoprolol or atenolol) slow your heart rate and limit blood flow to the skin, which prevents your body from properly releasing heat.

ACE Inhibitors (like ramipril or lisinopril) can dull your natural thirst response.

ALLERGY & SLEEP MEDICATIONS:

Antihistamines (like diphenhydramine and cetirizine) can block the chemical signals required by sweat glands.

ADHD STIMULANTS

Drugs like methylphenidate boost your metabolic rate, pushing your body temperature higher and putting extra strain on cooling mechanisms.

ANTIDEPRESSANTS & ANTIPSYCHOTICS

SSRI medications (Selective serotonin reuptake inhibitors) such as Citalopram, Sertraline and **SNRIs** (serotonin-norepinephrine reuptake inhibitors) such as Duloxetine & Venlafaxine Can interfere with the hypothalamus (the brain's thermostat) and can impair sweating, significantly limiting the body's ability to cool itself.

DIABETES & WEIGHT LOSS MEDICATIONS

GLP-1s (popular for diabetes and weight management) can suppress thirst, contributing to severe dehydration.

TEMPERATURE-SENSITIVE DRUGS

Insulin, inhalers, and EpiPens break down rapidly when left in direct sunlight or warm environments (like cars or hot rooms), causing them to malfunction.

SCAN FOR FURTHER GUIDANCE & OFFICIAL ADVICE:



GOV.UK
MHRA
Heatwave
Advice



NHS –
Medicines
A to Z

If you have a long-term health condition you will likely be covered by the 2010 Equality Act. Any type of vulnerable person individual risk assessment should ask you – What **specific medications** are you taking?

Speak to your Union Health & Safety Representative about your reasonable adjustment needs.

MEDICATION SIDE EFFECTS CAN PUT YOU AT RISK.

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