

Many common prescription and over-the-counter medicines, such as certain antidepressants, antipsychotics, antihistamines, and drugs used to treat diabetes and high blood pressure, may reduce the body's ability to maintain a safe temperature.

Adults ages 65 and older and those with chronic conditions are among the most vulnerable to extreme heat.

If you are at higher risk for heat illness, particularly if you're older and take medications for chronic conditions, monitor yourself for the first sign of heat stress: feeling dizzy, fatigued, or thirsty.

## HEAT AND MEDICATION INTERACTIONS

- Some medications interfere with **temperature regulation** and/or **fluid balance** (such as diuretics, some antipsychotic medications, some antidepressants, some antihypertensive agents), amplifying the risk of harm from hot weather.
- Heat can **degrade or damage some medications** (e.g., inhalers, EpiPens, insulin). Know how to best store your medications when temperatures are high.
- Some medications can **increase skin sensitivity** from sun exposure (e.g., some antifungals, antibiotics, anti-epileptics, antihistamines, acne medications, estrogen-containing oral contraceptives). Often, prescription bottles have a sticker warning, but not always. Review the drug information insert that comes with your medication. Always properly protect your skin.

## TIPS FOR SAFE STORAGE OF MEDICATIONS

- Never leave medications inside an unattended vehicle.
- Do not store medications in the bathroom due to high humidity and frequent temperature changes.
- Keep medications away from appliances that generate heat, such as above the refrigerator or next to the stove.
- Immediately pick up all mail-order drugs so they are not exposed to the elements.
- While driving, keep medications in the passenger areas of the vehicle, not in the trunk or glove box.
- If medication is exposed to heat, do not take if it has changed color, texture, or odor, even if it has not expired. Capsules or tablets that stick together, are harder or softer than normal, or are cracked or chipped might also be damaged by heat. Always call your doctor or pharmacist to help determine if medications need to be thrown out.

**Consult your doctor about medications that increase the risk of heat illness and what to do.**

**For more information about heat and medication guidance, visit  
[CDC | Heat and Medications – Guidance for Clinicians](https://www.cdc.gov/heat-and-medication-guidance-for-clinicians)**

**For more information about extreme heat in Louisiana, visit [ldh.la.gov/heat](https://ldh.la.gov/heat)**

These medications\* interfere with temperature regulation and/or fluid balance, amplifying the risk of heat-related illness.

This also includes commonly misused substances such as:

Alcohol  
Cocaine  
Opioids  
Amphetamines  
Methamphetamines

## Antidepressants

**SSRIs:** Citalopram (Celexa), Escitalopram (Lexapro), Fluoxetine (Prozac), Paroxetine (Paxil, Pexeva), Sertraline (Zoloft)

**SNRIs:** Desvenlafaxine, (Pristiq), Duloxetine (Cymbalta), Levomilnacipran (Fetzima), Venlafaxine (Effexor XR)

**TCAs:** Amitriptyline

## Anti-Psychotics

Risperidone

Olanzapine

Quetiapine

Haloperidol

## Heart Medications

**Diuretics:** Furosemide (Lasix)

**ACE Inhibitors:** Lisinopril, Captopril, Enalapril

**ARBs:** Candesartan (Atacand), Irbesartan (Avapro), Losartan (Cozaar)

**Beta Blockers:** Atenolol, Metoprolol, Propanolol

**Calcium Channel Blockers:** Amlodipine, Diltiazem, Verapamil

## ADHD Medications

Armodafinil (Nuvigil)

Atomoxetine (Strattera)

Dextroamphetamine (Adderall, Dexedrine)

Amphetamine (Adderall)

Lisdexamfetamine (Vyvanse)

Methamphetamine (Desoxyn)

## Other Medications

Oxybutynin (Ditropan XL)

Ipratropium (Atrovent)

Atropine (Atropen)

Tolterodine (Detrol)

Solifenacin (Vesicare)

*\*This is not an exhaustive list.*