

HEAT EMERGENCIES

As defined by Environment Canada, a heat warning means daytime and nighttime temperatures or humidex values are expected to be higher than the average high temperature for two or more days.



PEOPLE AT RISK

Some people may be more vulnerable to the health effects of heat. Those who may be at greater risk from the effects of extreme heat include:

- seniors
- pregnant people
- infants and young children
- people who work outdoors
- people involved in strenuous outdoor exercise
- people with an existing illness or chronic health conditions, such as:
 - cancer
 - diabetes
 - mental illness
 - lung or heart conditions

HEAT SAFETY

It is important to stay safe during such extreme temperatures.

- Avoid working or exercising intensely if it is very hot or humid outside
- head for cooler conditions if your body becomes overheated.
- drink plenty of liquids
- take frequent rest breaks.
- maintain salt levels in your body
- avoid high-protein foods

Also, ensure to protect pets from the heat and give them plenty of water to drink.

Watch for signs of serious medical conditions, such as heat exhaustion and heat stroke.

HEAT ILLNESS

Symptoms of heat illness:

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine
- changes of behaviour in children (like sleepiness or temper tantrums)

If you have any heat illness symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

Heat stroke is a medical emergency: Call 911 or your local emergency number immediately