

# ALERT: Extreme Heat

July 2024

**Temperatures are expected to bring daytime highs in the low to mid 30's in the next few days.**

Heat-related illnesses occur when someone cannot transfer enough heat away from their body through sweating and blood flow to the skin. Babies, the elderly, obese persons and people with chronic conditions are at greater risk, because their bodies do not transfer heat as effectively. During prolonged periods of extreme heat, anyone is at risk for possible heat-related illness and should take precautions.

**Watch for these symptoms of heat illness:** dizziness or fainting; nausea or vomiting; headache; rapid breathing and heartbeat; extreme thirst or dry mouth; decreased urination with unusually dark yellow urine; and changes of behaviour in children (like sleepiness or temper tantrums). **Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.**

## Preventing heat illnesses

- Stay hydrated. Drink plenty of water and limit intake of caffeinated or alcoholic drinks.
- Exercise when it is cooler and try to stay out of the sun.
- When outside wear loose fitting, light-coloured clothing and do not forget sunblock, a wide-brimmed hat and mosquito repellent.
- **NEVER** leave children or pets unattended in vehicles.
- Check on children and the elderly often to see if they are staying cool.
- If taking medications, check with your doctor or pharmacist about possible side effects during extreme heat.

## Cooling down

- Go to a public place that is cool (shopping mall, public library, church, pool). Even an hour or two in air conditioning can help the body stay cooler.
- Cool off by taking a cool shower, bath, or sponge bath.
- Cool damp cloths on the back of the neck can also help cool a body down.
- Point a fan at a bucket filled with four cups of ice water. This will produce cool air that will help cool down the room.
- Keep your home cool by limiting use of ovens, dryers and dishwashers and keeping curtains and blinds closed during the day.

## Additional Resources

[Health Canada web page](#) on Extreme Heat Events

[Cree Health web page](#) on Staying Healthy during Heatwaves



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada