

Hot Weather Precautions

In the summer the combination of high heat and high humidity can be a risk to your health. Heat stroke is a serious condition requiring immediate medical attention.

The people at risk during these weather conditions include:

- elderly
- people with chronic illness
- infants and preschool children
- people who participate in physical activity or are involved in strenuous outdoor work for prolonged periods

How to Avoid Heat Related Illness:

- Drink 8 oz. (240 ml) of fluids every 20 minutes throughout the day (such as water, juice or sports drinks)
- Avoid caffeinated drinks or alcoholic beverages – they can speed up the effects of heat stroke
- Avoid strenuous work or sports activities during the intense sunlight hours from 11 a.m. to 4 p.m.
- Watch for signs and symptoms in yourself and others.
- Pay special attention to small children and older adults as they are at higher risk of developing heat exhaustion and heat stroke

What to Look for to Identify Heat Exhaustion and Heat Stroke:

Heat Exhaustion	Heat Stroke
Headache	Headache
Blurred vision	Dizziness
Nausea or upset stomach	Disorientation, agitation, confusion
Vomiting	Sluggishness or fatigue
Sluggishness or fatigue	Increased body (inside) temperature
Thirst	Loss of consciousness
Extreme sweating	Rapid heart beat
Skin is cool, pale and moist	Skin is hot, red and dry
Slight increase in body temperature	Hallucinations

- Remember to practice sun safety, take precautions when UV index is 3 or higher
- Wear light coloured clothes and a wide brimmed hat to reflect the heat from the sun, seek shade, wear sunscreen SPF > 15
- **Don't leave children or pets in vehicles**
- Check on your neighbours and pay special attention to the elderly or individuals with health conditions

If you don't have air conditioning:

- Keep shades or drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open
- Keep lights off or turned down low
- Take a cool bath or shower periodically or cool down with cool, wet towels
- Avoid heavy meals and using your oven
- Go to air conditioned or cool places such as shopping malls, libraries, community centres or a friends place

How to Treat Heat Exhaustion and Heat Stroke:

Heat Exhaustion	Heat Stroke
Move the person to a cool and dry place	Call 9-1-1 immediately – heat stroke is deadly
Have the person lie down and rest	Do CPR if the person is not breathing and has no pulse until EMS help arrives
Apply cool water to skin and reapply often	Move the person to a cool and dry place Place the feet higher than the head
Fan the wet skin	Apply cool water to skin and reapply often
Have person drink fluids such as water, juice or sports drinks	Fan the wet skin
Apply ice to head, neck, armpits and groin areas	Apply ice to head, neck, armpits and groin areas
If the person is showing signs of heat stroke call, 9-1-1 immediately	If possible, put the person in cool water if they are unconscious but still have vital signs (pulse, breathing)