

# Health Unit Media Release

For Immediate Release: July 7, 2010



## Extreme Heat Continues

**As the extreme heat continues, the Health Unit continues to monitor the situation. Here are more tips to cope with the high temperatures and humidity:**

- Drink plenty of water and 100% fruit juices throughout the day, even if you don't feel very thirsty. Remember to take sips often and not to guzzle your drink.
- Eat foods that have high water content such as watermelon, grapes and oranges.
- Avoid drinking alcoholic beverages, coffee and cola
- Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible. Plan any necessary outdoor activities in early morning or evening
- Whenever possible go to an air-conditioned room or building, including shopping malls and libraries
- Wear a wide-brimmed hat outdoors
- Keep window shades or drapes drawn and blinds closed on the sunny side of your home
- Keep electric lights off or turned down low
- Take a cool bath or shower periodically or cool down with cool, wet towels
- Visit a local pool or beach
- Wear loose fitting, light clothing
- Avoid eating heavy meals and using your oven
- Avoid strenuous outdoor physical activity, reschedule sport practices
- Never leave a child or pet in a parked car or sleeping outside in direct sunlight
- Use fans to draw cool air at night, but do not rely on a fan as a primary cooling device during extended periods of excessive heat.
- Consult your doctor or pharmacist regarding the side effects of your medications
- Reduce the use of personal vehicles, stop unnecessary idling; avoid using oil-based paints and glues, pesticides and gas-powered small engines.

### **The people at risk during these weather conditions include:**

- Elderly
- People with chronic illness or who take certain medications.
- Infants and preschool children
- People who participate in physical activity or are involved in strenuous outdoor work for prolonged periods.

*During a Heat Alert the public is strongly encouraged to check on a neighbour or a friend who may have a greater risk of suffering negative health consequences from the heat.*

For more information, contact the Health Unit at 1-800-660-5853 or visit the website at [www.healthunit.org](http://www.healthunit.org)