STAYING in the HEAT

Why is heat a HEALTH CONCERN?

Extreme heat involves high temperatures and can pose health risks. Over the next 30 years, the number of extremely hot days in a year is expected to more than double in some parts of Canada.

















Heavy sweating



Extreme thirst







Dark urine and decreased urination



If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.



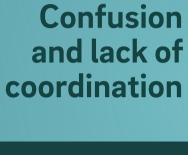
HEAT STROKE

High body temperature





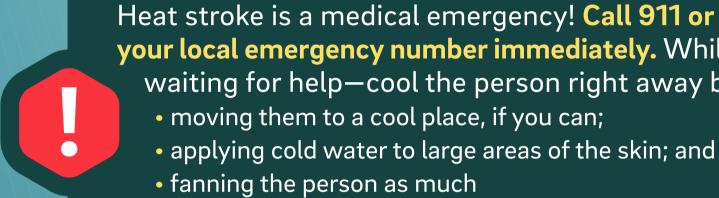








No sweating, but very hot, red skin



your local emergency number immediately. While waiting for help—cool the person right away by: • moving them to a cool place, if you can;

• applying cold water to large areas of the skin; and

 fanning the person as much as possible.



Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic **OLDER** illnesses, medications that interfere with the body's **ADULTS** cooling mechanisms, social isolation, and poverty.



of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



FACT 3





heart problems, and psychiatric

illnesses are at a higher risk of

Individuals with breathing difficulties,





People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could

face greater environmental heat

exposure and physical strain.





SAFETY

FACT 4 **PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS**

PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care. If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned
- spot close by where you can cool off for a few hours on very hot days.

TP2 KNOW THE SIGNS OF HEAT

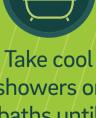
PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL Frequently visit neighbors, friends and older family members,

especially those who are chronically ill, to make sure that they are cool and hydrated. DRINK LIQUIDS; WATER IS BEST.

How to stay cool?



clothing made of breathable fabric



showers or baths until you feel/ refreshed.



for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



ADDITIONAL RESOURCES Visit the Extreme Heat webpage:

FOR MORE INFORMATION OR



sun-safety/extreme-heat-heat-waves.html Visit the Health Canada heat health publications webpage: www.canada.ca/en/health-canada/services/

www.canada.ca/en/health-canada/services/



environmental-workplace-health/reports-publications/ climate-change-health.html Speak with your physician or personal

care provider



Contact your local public health authority

