Staying Healthy 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.

What are the signs and symptoms of heat illness?

Skin rash
Miliaria
\[\text{Heat exhaustion} \]

Dizziness or fainting
Nausea or vomiting

Heavy sweating

Feet and ears

High body temperature

Confusion and lack of coordination

What are the signs and symptoms of heat stroke?

Dizziness or Fainting
No sweating, but very hot, red skin

Headache
Rapid breathing and heartbeat

FACT 1

OLDER ADULTS

Older adults may be found with complicating factors that could put them at increased risk during extreme heat events. Risk factors may include chronic diseases, medications that interfere with the body’s cooling mechanisms, and social isolation.

Given the unique physiological characteristics of children’s bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.

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.


Contact your local public health authority for more information.

SAFETY TIPS

PREPARE FOR THE HEAT

• Drink plenty of cool fluids before and after being outside.

KNOW THE SIGNS OF HEAT STROKE

• Pay attention to how you and those around you feel.

DRINK LIQUIDS: WATER IS BEST.

How to stay cool?

STAY COOL

Who is most at risk?

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

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FOR MORE INFORMATION OR ADDITIONAL RESOURCES


Speak with your health care provider.

Contact your local public health authority for more information.