



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.

HEAT EXHAUSTION

- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating
- Headache
- Rapid breathing and heartbeat
- 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.

What are the
**SIGNS AND
SYMPTOMS**
of heat illness?

HEAT STROKE

- High body temperature
- Confusion and lack of coordination
- Dizziness/Fainting
- No sweating, but very hot, red skin

Heat stroke is a medical emergency! **Call 911 or 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.

FACT 1 OLDER ADULTS

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

FACT 2 INFANTS AND YOUNG CHILDREN

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.

FACT 3 CHRONIC ILLNESS/ SPECIAL MEDICATION

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

FACT 4 PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS

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.

Who is
**MOST AT
RISK?**

SAFETY TIPS

TIP 1 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.

TIP 2 KNOW THE SIGNS OF HEAT

TIP 3 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.

TIP 4 DRINK LIQUIDS; WATER IS BEST.

TIP 5 STAY COOL

How to stay cool?

- Wear loose-fitting, light-coloured clothing made of breathable fabric
- Take cool showers or baths until you feel refreshed.
- Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.
- Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.

Never leave
children or pets
alone in a parked
vehicle.

FOR MORE INFORMATION OR ADDITIONAL RESOURCES



Visit the Extreme Heat webpage:
www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html



Visit the Health Canada heat health publications webpage:
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

FOR MORE
INFORMATION