

## Extreme Heat

**Extreme heat can be a serious health threat. When temperatures rise be sure to keep cool!**

Check Environment Canada's website for information on your local forecast and weather alerts.

High temperatures, high humidity, lack of shade and minimal air movement – both indoors and outdoors – can put your health at risk, causing heat-related illnesses. These illnesses range from minor heat rashes and muscle cramps, to hot weather emergencies like heat stroke and heat exhaustion.

**Remember, heat-related illnesses are preventable.**

### Heat Exhaustion Symptoms and Treatment

Heat exhaustion occurs when the body loses large amounts of water and salt through sweat. This can happen during hot temperatures when a person does not drink enough liquids. Heat exhaustion can result in heat stroke if left untreated.

Symptoms: <ul style="list-style-type: none"><li>• Dizziness</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Weak pulse</li><li>• Heavy sweating</li><li>• Pale skin</li><li>• Weakness/exhaustion</li><li>• Muscle cramps</li></ul>	Treatment: <ul style="list-style-type: none"><li>• Move the person to a cooler location</li><li>• Encourage the person to cool down by sponging with cool (not cold) water, swimming or taking a shower or bath</li><li>• Provide sips of cool water</li></ul>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### Heat Stroke Symptoms and Treatment

Heat stroke occurs when the body's temperature rises rapidly (to 40°C/104°F or above) and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Symptoms: <ul style="list-style-type: none"><li>• Dizziness</li><li>• Headache</li><li>• Nausea or vomiting</li><li>• Strong pulse</li><li>• Red, hot and dry skin (no sweating)</li><li>• Confusion</li><li>• Loss of consciousness</li></ul>	Treatment: <ul style="list-style-type: none"><li>• <b>Dial 911, this is a medical emergency</b></li><li>• While waiting for medical assistance, help the person to cool down by sponging with cool (not cold) water</li><li>• <b>Do not give the person any fluids as this may cause them to vomit or choke</b></li></ul>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------