



BE PREPARED FOR EXTREME HEAT

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

DID YOU KNOW?



Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

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| Find air conditioning, if possible. | | | Check on family members and neighbors. |
| Avoid strenuous activities. | | | Drink plenty of fluids. |
| Watch for heat illness. | | | Watch for heat cramps, heat exhaustion, and heat stroke. |
| Wear light clothing. | | | Never leave people or pets in a closed car. |

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

GET PREPARED

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.canada.ca/en/health-canada/services/climate-change-health/extreme-heat/how-protect-yourself.html

Take an Active Role in Your Safety

Go to GetPrepared.gc.ca and search for **Summer Safety**

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.