HEAT EXHAUSTION





Headache



Rapid breathing and heartbeat



Skin rash

Extreme thirst

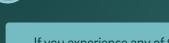


Dark urine and decreased urination



Dizziness or fainting











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



STROKE

High body temperature













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.







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.

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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.

TP 2 KNOW THE SIGNS OF HEAT-RELATED ILLNESSES

P3 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.



How to stay cool?



Wear loose-fitting, light-coloured clothing made of breathable fabric.







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



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

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