



## FACT SHEET: EXTREME HEAT

### Extreme Heat

During a heat wave, everyone is vulnerable to the extreme heat. The adverse health effects include heat cramps (muscle cramps), heat exhaustion, heat edema (swelling of the hands, feet and ankles), heat rash (prickly heat) and heat stroke. Heat illnesses are mainly caused by over-exposure to heat or over-exertion in the heat.

### Know What to Do:

#### At home:

- ◆ Spend the hottest part of the day indoors.
- ◆ Prepare meals that don't require the oven.
- ◆ Take cool showers or baths.
- ◆ If there is no air conditioning, stay on the lowest floor out of the sunshine.

#### In the car:

- ◆ Never leave people or pets inside a parked vehicle during a heat wave.
- ◆ Include extra water, sunscreen and sunglasses (with UVA and UVB protection) in your emergency kit.

#### If you are outdoors:

- ◆ Find shade. Shaded areas could be up to 5-9°C cooler than the surrounding area.
- ◆ Wear a hat to keep your head and face shaded and wear light-weight loose-fitting clothing.
- ◆ Apply sunscreen before going outside. A child can burn within 15 minutes.
- ◆ Sunglasses with UVA and UVB blocking will protect your eyes against from being damaged by the sun.

#### In all cases:

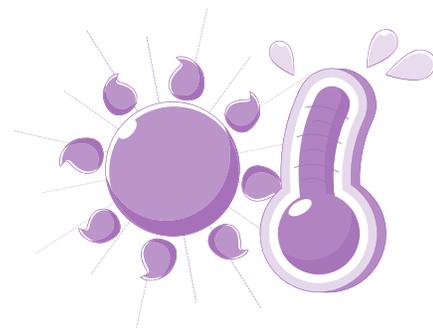
- ◆ Drink fluids, preferably water, ***before*** feeling thirsty at least every 15 to 20 minutes.
- ◆ If you feel dizzy, weak or over heated, go to a cool place. Sit or lie down, drink water and splash your face with cool water.

### Be Informed:

- ◆ Before you go out, check the Air Quality Health Index and humidex rating in your area.
- ◆ Plan your outdoor activities during cooler parts of the day. Cool down in public places like the mall, public library, or a designated community cooling station.
- ◆ Dehydration is dangerous. Stay hydrated to keep your body cool and to prevent heat illnesses.

### Prepare Now

- ◆ Cover windows with drapes or blinds, especially those that receive morning or afternoon sun.
- ◆ Make sure your air conditioner, if you have one, works properly before the weather turns hot.
- ◆ Have a plan to check on elderly family members or neighbours to make sure they are comfortable.



#### Sources:

Emergency Management Ontario Website (Government of Ontario):

<http://www.emergencymanagementontario.ca/english/beprepared/ontariohazards/ExtremeHeat/ExtremeHeat.html>

Get Prepared Website (Government of Canada):

<http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201207-eng.aspx>

Health Canada Website: [http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-children\\_chaleur-enfants/index-eng.php](http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-children_chaleur-enfants/index-eng.php)