

# 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.



Who is  
**MOST AT  
RISK?**

**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.





## 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



# SAFETY TIPS

### *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.

