

Heat Warning

What is a heat warning/extended heat warning and when is it issued?

- Heat Warning: When forecast temperatures are expected to be at least 31°C and overnight temperatures are above 20°C for 2 days or the humidex is at least 40 for 2 days.
- Extended Heat Warning: When forecast temperatures are expected to be at least 31°C and overnight temperatures are above 20°C for at least 3 days or humidex is at least 40 for at least 3 days.

Are you at risk?

Those at greatest risk during extreme heat humidity include:

- adults over the age of 65
- infants and young children
- people with chronic illness e.g. heart disease, asthma
- people with physical or mental disabilities
- people who work in the heat
- people who exercise in the heat
- people who have limited resources to protect themselves

Obesity, dehydration, fever or infection, sunburn and alcohol use also increases a person's risk from extreme heat.



What are heat illnesses?

- Heat illness occurs when a person's body temperature rises quickly and sweating is not enough to cool the body properly.
- High body temperature can lead to heat stroke, heat exhaustion, heat fainting, heat cramps (muscle cramps), heat rash and heat edema (swelling of hands, feet and ankles).

What are some symptoms of heat illness?

- dizziness or fainting
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- extreme thirst
- decreased urination with unusually dark yellow urine

Heat stroke is a medical emergency.

Call 911 immediately if you notice that someone has a high body temperature and is either unconscious, confused or has stopped sweating.

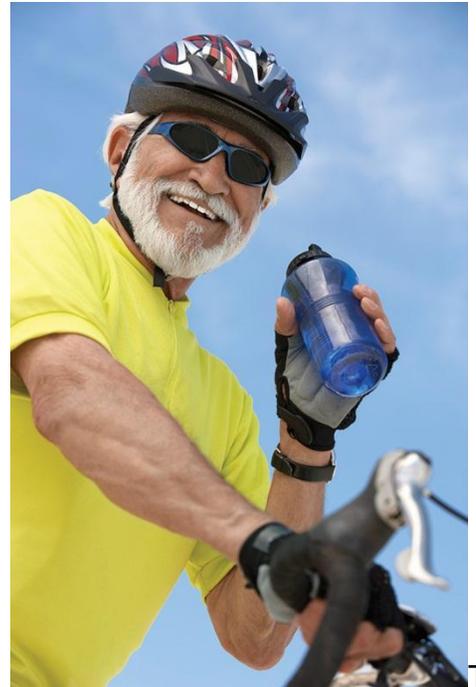
While waiting for help, cool the person right away by:

- moving them to a cool place, if you can
- applying cold water to large areas of the skin or clothing
- fanning the person as much as possible

How can I prevent heat illness?

You can prevent heat illness by doing the following:

- Pay close attention to how you – and those around you – feel.
- Call or visit at risk family, friends and neighbours, especially seniors living alone to make sure they are drinking plenty of fluids and keeping cool.
- Reschedule or plan outdoor activities during cooler parts of the day.
- Block sun out by closing awnings, curtains or blinds during the day.
- Avoid sun exposure. Wear a wide-brimmed hat or use an umbrella.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Drink plenty of cool liquids, especially water, before you feel thirsty to decrease your risk of dehydration.
- Prepare meals that don't need to be cooked in your oven.
- Take a break from the heat by spending a few hours in a cool place such as a tree-shaded area or air-conditioned site.
- Use a fan next to your window, to bring cooler air in from outside.
- Swim, shower or bathe in cool water until you feel refreshed.
- Never leave people or pets inside a parked vehicle or in direct sunlight.
- Consult with your doctor or pharmacist on medications that increase your risk to heat.



To reduce your exposure to smog and its potential health effects:

- Check the [Air Quality Health Index \(AQHI\)](#) especially during "smog season" from April to September. Adjust your activities accordingly.
- Avoid or reduce strenuous outdoor activities when smog levels are high, especially during the afternoon when ground-level ozone reaches its peak. Choose indoor activities instead.
- Avoid or reduce exercising near areas of heavy traffic, especially during rush hour.
- If you have a heart or lung condition, talk to your health care professional about additional ways to protect your health when smog levels are high.

What about smog?

Smog can often accompany extreme heat and humidity.

For more information, visit halton.ca/heat or dial 311.