

NEWS RELEASE

For release: **August 13, 2010**

DEALING WITH THE HEAT

With the prediction of hot, humid weather this weekend, the Health Unit reminds people to take it easy in the heat. When temperatures and the humidity are high, your body may not be able to cool properly which can lead to heat exhaustion or heat stroke.

Symptoms of heat-related illness can include rapid or difficulty breathing, weakness, headache, confusion, more tiredness than usual, and nausea. If anyone has these symptoms, they need to be cooled off immediately. Move the person immediately to a shaded or air conditioned space, drink fluids, and rest. Contact their health care professional, friend and family member or, if it is an emergency, call 911.

For more information on heat-related illness, visit www.healthunit.biz.

Quote

“The elderly, very young and people with chronic illnesses are at higher risk of heat-related illness,” said Greg Rochon, Emergency Preparedness Manager at the Health Unit. “However, even healthy people can be affected if they participate in strenuous activities and do not take precautions.”

Tips to Prevent Heat-related Illness

- Drink plenty of fluids and avoid drinks with alcohol, caffeine or high sugar content
- Wear light-weight, loose fitting clothing
- Avoid going out in the sun, if possible. If you are outdoors, wear sunscreen
- Seek air conditioned spaces, such as shopping malls or arenas
- Avoid heavy meals and using your oven
- Avoid strenuous activities between 10 a.m. and 4 p.m. when the sun is hottest
- Take cool showers or baths, or use cool, wet towels on your face, neck or arms
- Never leave anyone or pets in a parked car
- Fans alone may not provide enough relief from the heat
- Check on elderly family members and neighbours every day to make sure they are keeping cool

– 30 –

Media Inquiries:

Jill Faulkner, Communications Coordinator
(705) 474-1400, ext 2246 or 1-800-563-2808
jillf@healthunit.biz