

Extreme Heat

Extreme heat can be a serious health threat. When temperatures rise be sure to keep cool!

Check Environment Canada's website for information on your local forecast and weather alerts.

High temperatures, high humidity, lack of shade and minimal air movement – both indoors and outdoors – can put your health at risk, causing heat-related illnesses. These illnesses range from minor heat rashes and muscle cramps, to hot weather emergencies like heat stroke and heat exhaustion.

Remember, heat-related illnesses are preventable.

Heat Exhaustion Symptoms and Treatment

Heat exhaustion occurs when the body loses large amounts of water and salt through sweat. This can happen during hot temperatures when a person does not drink enough liquids. Heat exhaustion can result in heat stroke if left untreated.

Symptoms:	Treatment:
<ul style="list-style-type: none">• Dizziness• Headache• Nausea or vomiting• Weak pulse• Heavy sweating• Pale skin• Weakness/exhaustion• Muscle cramps	<ul style="list-style-type: none">• Move the person to a cooler location• Encourage the person to cool down by sponging with cool (not cold) water, swimming or taking a shower or bath• Provide sips of cool water

Heat Stroke Symptoms and Treatment

Heat stroke occurs when the body's temperature rises rapidly (to 40°C/104°F or above) and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Symptoms:	Treatment:
<ul style="list-style-type: none">• Dizziness• Headache• Nausea or vomiting• Strong pulse• Red, hot and dry skin (no sweating)• Confusion• Loss of consciousness	<ul style="list-style-type: none">• Dial 911, this is a medical emergency• While waiting for medical assistance, help the person to cool down by sponging with cool (not cold) water• Do not give the person any fluids as this may cause them to vomit or choke