

## **EXTREME HEAT HEALTH ALERT**

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*August 30, 2010*

KFL&A Public Health has issued a Level 1 - Extreme Heat Health ALERT to community service providers and the general public. According to Environment Canada, the humidex is expected to reach over 36. This notice is in effect for all of the KFL&A area and is forecast to continue until Thursday September 2, 2010.

A Level 1 - Extreme Heat Health Alert is issued when Environment Canada forecasts 36°C temperature or humidex (and above) for two consecutive days, without an air quality advisory.

Humidex values represent the effect high humidity and high temperatures have on the human body. The higher the humidex, the harder it is for perspiration to evaporate and cool the body.

Heat related illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids. However, there are certain people at risk of heat related illness.

### People at high risk of heat related illness:

- The elderly and infants (less than 1 year of age)
- Those who have chronic physical and mental illnesses
- Those who take certain medications such as anti-Parkinson and anti-depressants
- Those who are morbidly obese
- Those who have lack of access to shelter, such as homeless persons

### Actions to take during a heat ALERT:

- Activate your agency's extreme heat health plan
- Check frequently on high risk clients, encourage them to stay hydrated by drinking water (no caffeine or alcohol)
- Encourage clients to stay cool by staying on lower levels in their homes, using fans safely and seeking air conditioned public places
- Watch clients for signs and symptoms of heat related illness
- Continue to monitor Environment Canada weather conditions and forecast and KFL&A Public Health for updates.

More information on protective measures can be found on our website <http://www.kflapublichealth.ca/>

[Extreme Heat Health Response Plan](#)

[Extreme Heat Health Response Plan \(French\)](#)

[Heat Related Illness: Know the Signs! Know what to do.](#)

[Heat Related Illness: Know the Signs! Know what to do \(French\)](#)

[Extreme Heat Health Guidelines for the General Public](#)

[Directives en matière de chaleur extrême et de santé Information à l'intention du grand public](#)

[Environment Canada Weather Office](#)