

County Health Unit

An Accredited Public Health Agency

July 27, 2007

FOR IMMEDIATE RELEASE

HEALTH ADVISORY: HEAT ADVISORY ALERT

The Medical Officer of Health for the County Health Unit has called a Heat Advisory Alert effective July 29, 2007. Temperatures are expected to reach 36°C or higher, with or without the influence of humidex.

This alert will remain in effect on a daily basis until a cancellation notice is issued.

High temperature and/or high humidity will impair the cooling effect of sweating and may put certain people at risk for heat-related illness. People who are elderly, or have chronic illnesses, mobility problems, or are taking certain medications, along with infants, pre-school children, and those exercising or working vigorously outdoors are at increased risk. Risk of heat related illness can be reduced by:

- Drinking lots of water and staying in the shade if you must be outside.
- Wearing a broad-rimmed hat and loose-fitting, light clothing.
- Spending a few hours in places with air-conditioning such as shopping malls and public libraries.
- Taking cool bath/shower or cooling down with wet towels.
- Avoiding heavy meals and avoiding using your oven.
- Keeping electric lights turned off, and keeping window coverings closed.
- Avoiding moderate/intense physical activity.
- Never leaving a child or pet in a parked car or sleeping outside in direct sunlight.
- Using fans (Note: fans may not provide enough cooling in very high temperatures and humidity).
- Consulting your doctor or pharmacist regarding side effects of your medications.

Rapid breathing, extreme tiredness, headaches, confusion, fainting, and weakness are signs of heat illness. Seek help right away – call 911 if needed.

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