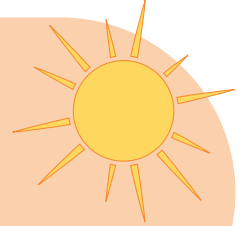


Preparing & Keeping Well During Extreme Heat

Extreme temperatures can affect your health. Some people are at higher risk.
Know the signs, protect yourself, and stay prepared.

Who's at Risk

- Older adults (65+)
- People with chronic conditions or disabilities
- Pregnant individuals, infants, young children
- Those without adequate cooling or shelter
- Outdoor workers and people who spend a lot of time outside or are active outdoors



Know the Signs

Mild/Moderate Heat Illness:

- Unusual thirst
- Sweating
- Dizziness
- Feeling unwell



- Move to a cooler spot
- Drink water

Severe Heat Illness:

- Confusion
- Slurred speech
- Poor coordination
- Severe nausea
- Fainting



- Call 911
- Cool the person while waiting

Protect Yourself

- Drink water throughout the day
- Limit outdoor time, especially during midday heat
- Take actions to cool your home and body. Indoor temperatures over 31°C (88°F) are dangerous. Seek relief options (e.g., air-conditioned locations) as needed
- Check in with others

Stay Prepared

- Talk to your health care provider about your risk
- Conduct maintenance to keep your home cool
- Have an emergency plan, including how to check in with others
- Watch the weather forecast and pay attention to heat warnings



Learn More!

LakelandsPH.ca/Heat
Or call 1-844-575-4567



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