

Media Release



Services de santé du
TIMISKAMING
Health Unit

Timiskaming Residents Urged To Take Special Care Heat Advisory Issued by the Timiskaming Health Unit Wednesday July 7, 2010 - For immediate release

Dr. Pat Logan, Timiskaming's Acting Medical Officer of Health, is reminding residents to take special care to prevent heat-related illness during the current heat wave in the province. With extreme heat expected to last most of this week, Dr. Logan is warning that anyone can suffer heat-related illness and everyone should take precautions.

Exposure to extreme heat can lead to illnesses such as heat exhaustion and heat stroke, and in extreme cases, death. Those most at risk for developing heat-related illnesses during periods of hot, humid weather include the very young, the elderly, people are involved in strenuous work outdoors for prolonged periods, people with chronic medical conditions.

The Health Unit offers the following tips on how to prevent health-related illness:

- Stay cool by wearing light-coloured, loose-fitting and lightweight clothing.
- Drink lots of water and 100 per cent juices. Avoid drinks made with alcohol or caffeine.
- Avoid going out in the sun or heat when possible.
- Keep electric lights off or turned down low.
- Take a cool bath or shower periodically, or cool down with cool, wet towels.
- Take lots of rest breaks, preferably in the shade or in an air-conditioned area such as a library, community centre, shopping mall or a cooler area of your building.
- Avoid heavy meals and using your oven.
- Place a dish of ice cubes in front of your electric fan. It has a cooling effect.
- Check in at least once a day on family, friends and neighbours who may have difficulty dealing with the heat.

"Heat-related illness is preventable. Anyone can suffer from the heat, so it's important to know what actions you can take to prevent illness." said Ghislaine Julien, program manager of the Timiskaming Health Unit's Environmental Health Division.

Know the signs and symptoms of heat-related illness.

They include rapid breathing, weakness or fainting, more tiredness than usual, headache and confusion. Skin may become hot and dry, or there may be sweating due to high body temperature. If you or someone in your care experiences these symptoms, contact a health care professional, friend or family member for help. In emergencies, call 911.

LEARN MORE

For more information on preventing heat-related illness, please call the Timiskaming Health Unit or visit www.timiskaminghu.com or www.health.gov.on.ca search "extreme heat".