



**Northwestern
Health Unit**

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For Immediate Release
July 28, 2017

NORTHWESTERN HEALTH UNIT ISSUES HEAT ALERT

As a result of hot and humid temperatures, a heat alert has been issued by the Northwestern Health Unit (NWHU) beginning tomorrow, (July 29, 2017). This is in response to a (Heat and Humidex) Advisory issued by Environment Canada.

This heat alert is due to the combination of high heat (greater than 29°C), high humidity (humidex greater than 36), and/or other weather conditions that can be hazardous to your health. Even short periods of high temperatures can cause serious health problems such as heat stroke or heat exhaustion.

Those especially at risk during heat-related weather conditions include:

- older adults (65 years or older);
- infants and young children;
- people with chronic illnesses such as breathing difficulties, heart conditions or psychiatric illnesses;
- people who work in the heat;
- people who exercise in the heat;
- homeless people; and
- people without access to air conditioning.

Parents, coaches and others supervising children or elderly should be aware of the health risks during a heat alert and be sure to check on those who may be at risk. If you or someone you know is experiencing symptoms of heat-related illness, such as rapid breathing, weakness, fainting, headache, or confusion, seek medical attention right away.

“Heat-related illnesses are entirely preventable,” says Thomas Nabb, Manager of Environmental Health for the NWHU. You can prevent heat-related illness by staying out of the sun or heat and going to air-conditioned sites. You should also avoid strenuous outdoor activity and reschedule sporting events. Drink lots of water, and avoid alcohol, coffee, and sugary-drinks. Never leave people or pets inside a parked vehicle or in direct sunlight.

If you have any questions, please contact the NWHU for more information at 1-800-830-5978.

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