#### **News Release**

FOR IMMEDIATE RELEASE June 17, 2024





### **High Heat, Humidity Can Cause Health Problems**

**Kings County, NS** – Extreme Heat is a current health risk. Kings REMO is advising residents of Kings County to follow some basic heat safety precautions as temperatures heat up this summer to avoid illness due to high heat and humidity. Environment Canada is forecasting the probability of above normal temperatures July-August-September in the Maritimes.

#### **Extreme Heat affects everyone:**

- The risks are greater for young children, pregnant women, older adults, people with chronic illnesses and people working or exercising outdoors.
- Watch for the effects of heat illness: swelling, rash, cramps, fainting, heat exhaustion, heat stroke and the worsening of some health conditions.
- Heat stroke is a medical emergency. If you feel dizzy or disoriented, seek medical attention.
   Call 911 or your local emergency number. If someone has a high temperature and is unconscious or confused or has stopped sweating. Cool the person right away.
- Drink plenty of water even before you feel thirsty and stay in a cool place

**Heat Warnings** are issued when very high temperature or humidity conditions are expected to pose an elevated risk of heat illnesses, such as heat stroke or heat exhaustion.

 Issued when 2 or more consecutive days of daytime maximum temperatures are expected to reach 29°C or warmer and nighttime minimum temperatures are expected to fall to 16°C or warmer.

Or

• Issued when 2 or more consecutive days of humidex values are expected to reach 36 or higher.

Dehydration can increase the risk for heat-related illnesses. Children, pets and the elderly should not be left in vehicles during high temperatures as the inside of cars can become dangerously hot.

Additional information on Heat-related illnesses – prevention and treatment is available at: <a href="https://novascotia.ca/heat-related-illness/">https://novascotia.ca/heat-related-illness/</a>

#### **For Additional Information Contact:**

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www.KingsREMO.ca





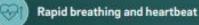
# For more information, visit the Extreme Heat webpage at canada.ca STAYING HEALTHY the HEAT

## HEAT ËXHAUSTION



Headache







Extreme thirst



Dark urine and decreased urination



Nausea or vomiting

Dizziness or fainting

Muscle

cramps

If you experience any of these



symptoms during extreme heat, immediately move to a cool place and drink liquids; Heavy sweating

water is best.



What are the SIGNS AND of heat illness?

High body temperature

Confusion

and lack of coordination









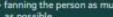
No sweating, but very hot, red skin



Heat stroke is a medical emergency! Call 911 or



- your local emergency number immediately. While waiting for help-cool the person right away by:
  - · moving them to a cool place, if you can; - applying cold water to large areas of the skin; and
  - · fanning the person as much
  - as possible.



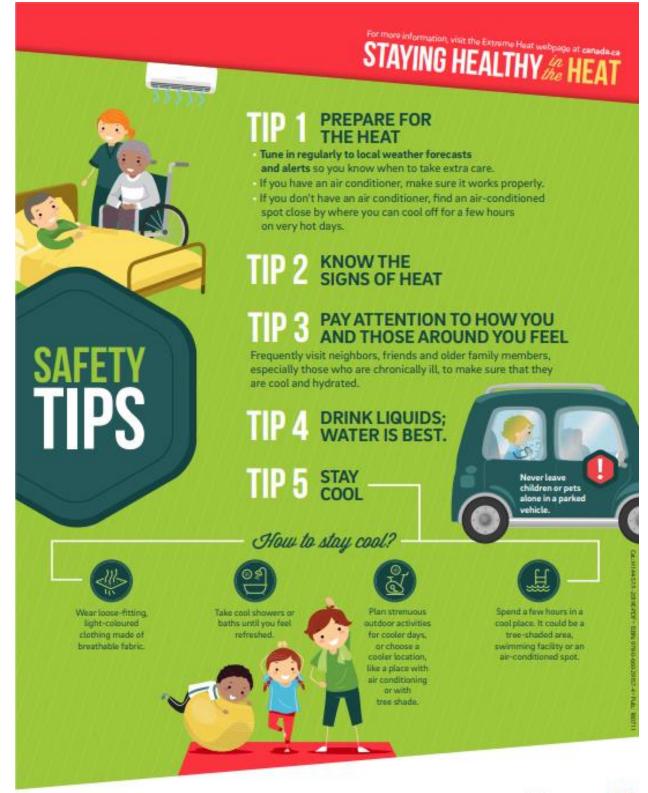


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www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html





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