

# 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: <https://novascotia.ca/heat-related-illness/>

**For Additional Information Contact:**

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For more information, visit the Extreme Heat webpage at [canada.ca](http://canada.ca)

## STAYING HEALTHY *in the* HEAT

**Who is MOST AT RISK?**

**FACT 1  
OLDER ADULTS** Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

**FACT 2  
INFANTS AND YOUNG CHILDREN** Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.

**FACT 3  
CHRONIC ILLNESS/  
SPECIAL MEDICATION** Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.

**FACT 4  
PEOPLE WHO WORK  
OR ARE ACTIVE OUTDOORS** People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.



# HEAT EXHAUSTION




What are the **SIGNS AND SYMPTOMS** of heat illness?

- Skin rash 
  - Muscle cramps 
  - Dizziness or fainting 
  - Nausea or vomiting 
  - Heavy sweating 
  - Headache 
  - Rapid breathing and heartbeat 
  - Extreme thirst 
  - Dark urine and decreased urination 
-  If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

# HEAT STROKE

- High body temperature 
- Confusion and lack of coordination 
- Dizziness/ Fainting 
- 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.



For more information, visit the Extreme Heat webpage at [canada.ca](http://canada.ca)  
**STAYING HEALTHY *in the* HEAT**



# SAFETY TIPS

## TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

## TIP 2 KNOW THE SIGNS OF HEAT

## TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

## TIP 4 DRINK LIQUIDS; WATER IS BEST.

## TIP 5 STAY COOL



### *How to stay cool?*



Wear loose-fitting, light-coloured clothing made of breathable fabric.



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.



Graphic: Health Canada / Santé Canada



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[www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html](http://www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html)