

Heat Alert

What is a Heat Alert?

Environment and Climate Change Canada (ECCC) issues a heat warning to Canadian cities in two instances:

- When there is a predicted weather cast of two or more days in a row with high daytime temperatures of 31°C or hotter, combined with nighttime temperatures of 20°C or hotter

OR

- A humidex value that reaches 40°C or higher for two or more consecutive days. A humidex value is used to describe how hot a temperature may feel to the average person

Download the mobile app: WeatherCAN to access reliable weather information.

How Does It Affect Our Health?

Exposure to extreme heat can cause many illnesses, which includes:

- **Heat Rashes:** A red, bumpy rash with severe itching on the skin
- **Heat Cramps:** A painful involuntary muscle stiffness. It can be a warning of other severe heat related illnesses
- **Heat Exhaustion:** Occurs when the body is dehydrated and unable to maintain its internal body temperature. The symptoms of this condition are a body temperature over 38°C, a weak pulse or low blood pressure, and sweating, cool, moist skin
- **Heat Stroke:** This condition happens when the body reaches a temperature of 41°C, along with one or a combination of the following: headaches, dizziness, a fast pulse, weakness, confusion, feeling emotionally upset, and hot, dry, red skin. If this condition is not identified and treated in its early stage, it can cause death

TIPS FOR STAYING HEALTHY IN THE HEAT

- Tune into local weather alerts to stay informed on the latest weather conditions
- Try to avoid being directly in the sun. Find shade or use an umbrella
- Use blinds or blackout curtains to close windows and glass doors during the daytime
- Drink plenty of water/liquids even before you feel thirsty, in order to stay hydrated. Water is best
- Check the air conditioner or air cooler ahead of time to ensure it works properly when you need it
- Reduce the use of stoves and the oven during the daytime
- Place a fan near an open window to bring cooler air from the outside
- Do not leave child or pet inside a car alone in the daytime
- If the air condition or cooling system is not available go to an air-conditioned space near you. The City of Toronto currently has six cooling centres in operation during the COVID-19 emergency. Call 311 before making a trip to a location. For more information check out :
<https://globalnews.ca/news/6986054/emergency-cooling-centres-toronto-hot-weather/>
- Wear light and loose breathable clothing
- If you have or see someone exhibiting signs of heat stroke call police services at 911

For more information about staying safe in the sun, visit:

<https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>