

# Stay safe: Heat-related illnesses

## Know the signs

**Heat rash:** red or pink rash usually found in areas where sweat collects.

**Heat exhaustion:** heavy sweating, weakness, dizziness, nausea, vomiting and fainting.

**Heat cramps:** painful muscle cramps, caused by dehydration and lack of nutrients from excessive sweating.

**Heat stroke:** headache, dizziness, confusion and fainting; skin may be hot and dry or damp. This is a medical emergency – seek emergency help and cool down right away.

Consult a healthcare provider or call Health811 (TTY: 1-877-797-0007) if you experience these symptoms.

In the event of medical emergency (for example, loss of consciousness), call emergency services immediately.

## Be prepared

**Stay hydrated:** drink plenty of cool liquids. Water is best.

**Stay cool:** dress in light-coloured, loose-fitting clothing, wear a hat and apply sunscreen.

**Stay inside:** spend the hottest part of the day (typically noon to 2 p.m.) in air-conditioned homes or public buildings (for example, a mall, library, or cooling station).



**Keep your house comfortable:** open windows at night to create a cross-breeze. Close awnings, curtains, or blinds during the day to reduce heat indoors.

**Check on friends, family, and neighbours:** check in daily, particularly if they are at increased risk or they do not have access to functioning air conditioning.