

STEP #4: KNOW WHAT TO DO

EXTREME HEAT

During a heat wave, everyone is at risk. Extreme heat can lead to adverse health effects such as heat stroke. Most heat disorders occur due to overexposure to the heat, or overexertion. Older adults, young children and those who are ill are more likely to succumb to extreme heat and should take extra precautions.

The City of Greater Sudbury's Hot Weather Response Plan outlines how the city is prepared for extreme heat.

Who is at Risk from Extreme Heat

- Older adults (over the age of 65).
- Infants and young children.
- Those with chronic heart or lung disease, including asthma.
- People taking certain medications (consult your doctor or pharmacist).
- People who exercise vigorously outdoors (athletes, cyclists, gardeners, runners).
- Outdoor workers.

Before an Extreme Heat Event

- Ensure your air conditioning unit is functioning properly. If you have window-based air conditioners, ensure they are installed correctly.
- If you do not have air conditioning, install temporary window reflectors (i.e.: aluminum foil-covered cardboard) between your drapes and the window to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers.
 - Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.

- Monitor the weather forecasts and stay aware of upcoming temperature changes.
- Check on elderly, young, or ill neighbours as they may need assistance.
- Take first-aid training and learn how to treat heat-related emergencies.

During an Extreme Heat Event

- NEVER LEAVE CHILDREN OR PETS ALONE IN A VEHICLE!

If you are indoors

- Stay indoors as much as possible to limit exposure to the sun.
- Take frequent cool showers or baths.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Eat well-balanced, light, and regular meals. Avoid using salt unless directed to do so by a physician.
- Stay hydrated.
- Check on family, friends, and neighbours.

If you are outdoors

- Stay hydrated. Drink plenty of water, even if you don't feel thirsty. Avoid drinks with caffeine. Limit your intake of alcohol.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
 - If possible, postpone outdoor games and activities.
- Wear light-coloured, loose-fitting clothing that covers as much skin as possible.
- Protect your face and head by wearing a wide-brimmed hat.
- Wear sunglasses that provide full UVA and UVB protection for your eyes.

- Apply SPF 15 or greater sunscreen 20 minutes before going outdoors. Don't forget to apply sunscreen to your ears and nose which are particularly susceptible to sunburn. Protect your lips with an SPF 15 or higher lip balm.
- If you feel dizzy, weak or overheated, go to a cool place. Sit or lie down, drink water and wash your face with cool water. If you don't feel better soon, seek medical help immediately.
- Consider spending the hottest part of the day in public buildings that have air conditioning.