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HEAT ALERTS!

Protecting yourself from the heat.

During a heat wave, everyone is at risk, but some groups are more vulnerable than others. Those most at risk include older adults (65+), infants and young children, and the chronically ill, including people with asthma.

"We want our residents to know that they have cool, safe places to go to escape from the heat," said Mayor Rick Bonnette. "We have been in touch with community service providers to inform them of the Town's Cooling Centres as they deal first-hand with the people who may be most vulnerable."

Region of Halton has issued a Heat Alert on Monday, and was expected to last throughout the week. Town of Halton Hills has designated cooling centres throughout Halton Hills for your relief.

During periods of hot weather conditions, particularly when humidity levels are high, the body works extra hard just to maintain a normal temperature. Some medical conditions that can result from exposure to high temperatures include:

Heat Cramps

These are painful spasms usually in the leg and stomach muscles and usually accompan-

ied by heavy sweating. They can be alleviated by moving to a cooler place and lightly massaging and stretching the affected muscles. People experiencing heat cramps should also sip up to half a glass of cool water every 15 minutes. Heat Exhaustion During heat exhaustion, a person may be sweating heavily, but their skin may be cool, pale or flushed. Other symptoms are a weak pulse, fainting, dizziness, nausea, vomiting, exhaustion and headaches. Body temperature may be normal but it will likely rise. People suffering from heat exhaustion should lie down in a cool place, loosen or remove clothing and put on cool wet clothes. They should sip water slowly, about half a glass every 15 minutes. Water should be discontinued if they are nauseated. They should seek immediate medical attention if vomiting occurs.

Heat Stroke (also called Sun Stroke)

This is a severe medical emergency that can result in death. Body temperature is high (103° F or 39.4° C) as opposed to normal body temperature of 98.5° F or 37° C, the pulse is strong and rapid, and breathing is shallow and rapid. The person suffering

heat stroke may be experiencing throbbing headache, dizziness, nausea, confusion, have red, hot and dry skin (not sweating), and may become unconscious. This person should be taken to a hospital as quickly as possible. Delay can be fatal. En route, keep the person as cool as possible by removing clothing and sponging with cool water.

Heat can also aggravate other conditions such as:

- Heart disease, especially high blood pressure
- Kidney disorders
- Psychiatric disorders

The public is advised to "Beat the Heat" by taking these precautions:

- Drink lots of water and natural fruit juices
- Stay out of the blazing sun or heat. UV rays are strongest between the hours of 11:00 a.m. and 1:00 p.m.
- Avoid strenuous physical activity outdoors, including gardening and lawn maintenance
- Go to places that are air conditioned, including shopping malls, libraries, community centres and movie theatres
- The temperature inside of a car is even higher than the temperatures outside. Never

leave children, older adults or pets unattended in a car, even for a short period of time.

If you experience symptoms of heat-induced illness, such as cramping in your arms, legs or stomach, rapid breathing, weakness or fainting, headache and/or confusion, seek medical attention right away. Also, check with your pharmacist to see if your medication has any side effects during extreme heat.

During a heat alert, please take a moment to call or visit family and neighbours who may be at risk. We need to ensure the safety of all residents, particularly those who are most vulnerable to the extreme weather.

- Town of Halton Hills Cooling Centres include :
- Mold-Masters SportsPlex - 221 Guelph Street, Georgetown, 905-877-8488
 - Acton Arena & Community Centre - 415 Queen Street, Acton, 519-853-0020
 - Halton Hills Public Library (Acton Branch) - 17 River Street, Acton, 519-853-0301
 - Halton Hills Civic Centre - 1 Halton Hills Drive, Georgetown, 905-873-2601
 - Gellert Community Centre - 10241 8th Line, Georgetown, 905-877-4244

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