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*and all of the Volunteers for Making  
Canada Day In the Glen  
a Successful Family Celebration*

## OPINION

# BE WARY OF THE HEAT THIS SUMMER

## KNOW SIGNS OF TROUBLE, WRITES NADIA ALAM



**NADIA  
ALAM**  
Column

I took my kids to the Glen for Canada Day festivities. We had loads of fun, but the thing that struck me the most was the heat. At high noon, as the parade was in full swing, there was little to no breeze or shade to cool bystanders.

My kids were sweating and thirsty. I had packed two large water bottles, juice boxes and had already bought them slushies.

And I found myself wishing I had thought ahead and packed more drinks. I had underestimated how quickly we would all overheat and find ourselves dehydrated from the muggy conditions. I

had underestimated how thirsty my kids would be under the hot, hot sun.

By the time I got us all home, we were all spent, grateful to get into a cool, dark environment. I spent the rest of the day surprised at how exhausted I was. It reminded me how insidious heat-related illnesses can be. My kids and I got lucky. Sometimes, you can't tell how seriously sick you are.

The sun and humidity can raise your core body temperature to well above its usual 37 C (98 F). Problems - like heat-related illnesses - arise when the humidex is above 40.

Symptoms of heat-related illness can include one or more of the following: headaches, fatigue, thirst, muscle cramps, lightheadedness, nausea, vomiting, stomach pain, racing heartbeat and hyperventilation.

If unrecognized and untreated, these symptoms can worsen and people can become confused and hal-

lucinate, collapse or suffer cardiac arrest and even death. Heat stroke is a medical emergency.

If you see someone and suspect a heat-related illness, there are ways you can help: call 911. Get them out of the heat into somewhere that's cool and dark. Remove heavy sports equipment, clothing, hats and shoes. Spray them with water and fan them. If they're awake, get them to drink water. Keep cooling them down until the ambulance arrives.

Remember, certain things make you more vulnerable to heat stroke: exercising on hot, humid days, poor physical fitness, already being dehydrated, illness, wearing extra clothing, sports equipment or protective gear, sitting in a hot car, leaving kids in the car on a hot day, or being a kid or senior.

Be sun smart and heat smart. A little bit of common sense can go a long way to keeping everyone safe and healthy this summer.

*Nadia Alam is a Georgetown physician and past president of the Ontario Medical Association. She can be reached at [nadia.alam@oma.org](mailto:nadia.alam@oma.org).*

## NEWS

# HALTON'S TOP CREDIT RATING AFFIRMED

Halton has earned another feather in its financial cap.

S&P Global Ratings recently affirmed the region's top credit rating. Its research summary lauds Halton's strong leadership, fiscal policies and budgetary performance while confirming a stable outlook for the future.

"This is the second top credit rating we have earned this year, and both S&P Global Ratings and Moody's Investors Service have indicated a high level of confidence in our financial planning and decision-

making," said Regional Chair Gary Carr. "As we prepare to implement our new strategic business plan, this distinction will allow us to support ongoing investments in infrastructure while ensuring top value for taxpayer dollars. We are proud to have earned this distinction yet again."

Maintaining a top credit rating minimizes long-term infrastructure capital financing costs by providing Halton and its local municipalities with continued access to the best capital financing rates available.

S&P's research summa-

ry profiled a variety of Halton's credit strengths as the rationale for its decision, including its strong and stable budget performance, low debt burden and well-documented financial plan.

The region has maintained top credit ratings from S&P Global Ratings (AAA) since 2002 and from Moody's Investors Service (Aaa) since 1989. Earning this distinction from both agencies each year is a key objective of Halton's annual budget and business plan.

For more information, visit [halton.ca](http://halton.ca).