



# Northern Inter-Tribal Health Authority Inc.



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## Public Service Announcement - Reminder to stay safe during heat wave

Northern Inter-Tribal Health Authority (NITHA) public health officials are advising northern residents to take precautions against forecasted heat wave this week. "Babies, young children, the elderly and anyone who is ill or has chronic health conditions are at increased risk of heat-related illness" said Dr. Nnamdi Ndubuka, Medical Health Officer for NITHA. Symptoms of heat-related illnesses include: unconsciousness for longer than a few seconds; seizures; difficulty breathing; confusion, severe restlessness, or anxiety; hot, dry, flushed skin with no sweating (classic heatstroke) or with a lot of sweating (exertional heatstroke); severe vomiting and diarrhea. The following measures are advised:

### Stay out of the heat:

- Keep out of the sun between 11am and 3pm, if possible.
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat.
- Avoid extreme physical exertion and wear light, loose-fitting cotton clothes.

### Cool yourself down:

- Have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- Eat cold foods, particularly salads and fruit with a high water content.
- Take a cool shower, bath or body wash.

### Keep your environment cool:

- Keep your living space cool. This is especially important for infants, the elderly, and those with chronic health conditions or those who can't look after themselves (including pets).
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun, however, care should be taken with metal blinds and dark curtains, as these can absorb heat.

### Look out for others:

- Keep an eye on isolated, elderly, ill or very young people and make sure they are able to keep cool.
- Ensure that babies, children, elderly people, and pets are not left alone in stationary cars.
- Check on elderly or sick neighbours, family or friends every day during a heatwave.

If you have health symptoms, please call Healthline at 811 (from land line) or 1-877-800-000 2 (from cell phone) at any time. Please click on the links below for more tips on staying healthy in the heat:

[Beat The Heat Heat Related Illnesses](#)

-30-

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