

Hot Weather Warnings for Toronto

Toronto's hot weather response plan coordinates the efforts of City of Toronto and community agencies to prevent illness during periods of extremely hot weather.

When hot weather becomes oppressive due to high temperatures and other factors, the Medical Officer of Health issues a **heat alert**. It may be upgraded to an **extreme heat alert**.

A **Heat Alert** means that the conditions brought on by a hot air mass are such that the likelihood of additional deaths, above those that are typical for the same time of year, is more than 65 percent.

An **Extreme Heat Alert** means that the conditions brought on by a hot air mass are such that the likelihood of additional deaths, above those that are typical for the same time of year, is more than 90 percent.

If you feel ill, faint, have difficulty breathing or feel disoriented visit your doctor or nearest hospital right away.

In an emergency call 911

For more information about the health effects of extreme heat call
Canadian Red Cross Heat Information Line
416-480-2615

Summer Safety Tips to Beat the Heat

Heat, Drugs and Alcohol

Enjoy a safe summer

PH10804DS0120

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In the summer, the combination of high heat, high humidity and smog can be very dangerous.

You need to be extra careful if you:

- Drink heavily
- Use illicit drugs
- Take medications for mental health problems
- Are elderly
- Have heart or lung problems

Some medications make it harder for your body to control its temperature. If you are on two or more medications, you may be at even greater risk for heat-related illness. (See Medications and the Heat pamphlet).

High summer heat and humidity can also be very dangerous to:

- The elderly
 - People with chronic illnesses (such as diabetes, heart and respiratory) or people unable to move or change position by themselves
 - Infants and preschool children
 - People who exercise vigorously or are active in strenuous outdoor work
 - People taking certain medications, for example, for mental health conditions
 - Homeless or marginally housed persons
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How to avoid heat-related illness:

- Drink lots of water and juice, even if you don't feel thirsty. Avoid alcoholic beverages, coffee and cola.
- Wear loose, light clothing and a hat.
- Stay out of the sun. If you have to go outside, stay in the shade as much as possible.
- Take it easy and rest. If you have to walk a long way try doing it in the early morning or evening.
- Go to cool places with air conditioning like community centres and drop-ins.
- Take a cool shower from time to time. Some drop-ins and recreation centres have public showers.
- Try to spend some time near the lake or waterfront where it is cooler.
- If you sleep outside during the day find a place that will be shady for a few hours. Remember the sun moves.

Get help from a friend, relative or doctor if you have these symptoms of heat illness:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion
- Nausea

You can help someone with heat illness by doing these things:

- Call for help
- Take extra clothing off the person
- Cool the person down with lukewarm water, by sponging or bathing
- Move the person to a cooler place
- Give the person sips of cool water, not ice cold water

Even a few hours in a cooler environment during extremely hot weather lowers the core body temperature and helps save lives.
