

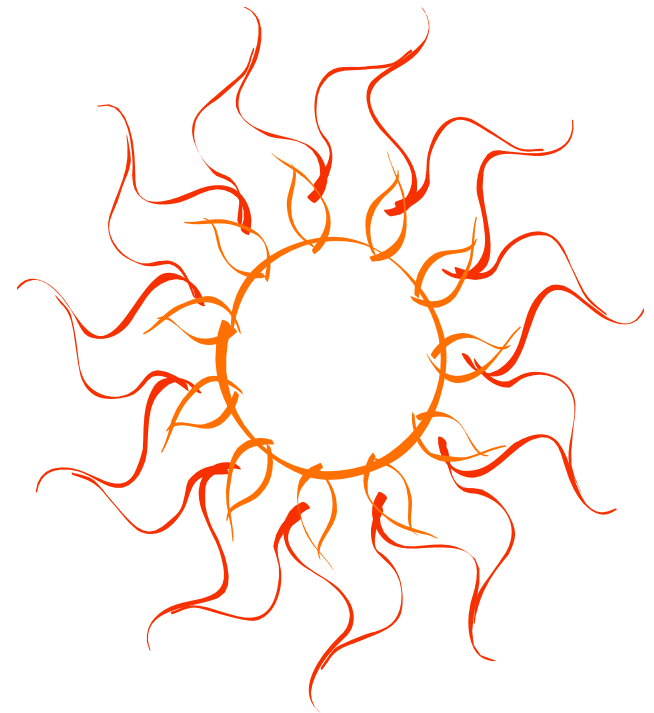
Summer Safety 2012

Beat the Heat

Seniors/Older Adults

Heat Health Alert System

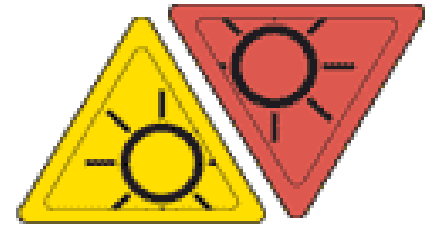
Toronto Public Health monitors the Heat Health Alert System from May 15 - September 30 to determine when a Heat Alert or Extreme Heat Alert should be called



Why do we have Heat Alerts?

- To reduce the negative health impacts of extreme heat.
- To warn the public, especially those most at risk of heat-related illness that hot weather conditions currently exist and to take precautions.

Two Types of Heat Alerts



Heat Alerts

Likelihood of high level
of heat related
deaths is

25 - 50% greater than
a typical day

**Take precautions to beat
the heat**

Extreme Heat Alerts

Likelihood of high level
of heat related deaths
is at least

50% greater than a
typical day

**Cooling Centres are
opened**

Some People are Especially Vulnerable to Heat: Personal Characteristics

- Older adults, infants and young children
- Chronic illnesses (e.g. heart, respiratory, mental health conditions)
- Limited physical mobility
- Certain Medications
- Homeless people and low-income earners



Some People are Especially Vulnerable to Heat: Environmental Issues

- Work or exercise in the heat
- Lack of air conditioning/restricted ventilation
- Living on the top floor of a building
- Inadequate water intake
- Social isolation



Older Adults and Hot Weather

Aging may affect the body's ability to adapt to temperature changes, especially to heat due to:

- Decreased thirst sensation
- Decreased ability to sweat



Why are you at risk?

Medications and Heat

Some Medications can:

- Affect your body's ability to control temperature
- May contribute to decreased feeling of thirst
- May contribute to increased loss of fluids; leading to dehydration
- Make it easier for your skin to burn



***Consult with a doctor or
pharmacist.***

Heat Related Illnesses

- Sun Burn
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Sun Burn

- **Decreases the body's ability to deal with heat**
- **Over exposure of the skin to ultraviolet (UV) rays from sunlight characterized by:**

redness

pain(in severe cases swelling of the skin)

blisters

fever

headache

Heat Cramps

- Heavy sweating drains a person's body of salt
- Painful cramps occur in most worked muscles (e.g. arms, legs or stomach) .
- Can occur suddenly at work or later at home.
- Cramps are serious because they can be a warning of other heat illnesses.



Heat Exhaustion

A heat-induced condition characterized by:

Sweating

Cool moist skin

High body temperature

Weak pulse

May also include fainting and vomiting



Heat Stroke

A heat induced condition characterized by high body temperature and any of the following:

Weakness

Confusion, emotional upset and strange behaviour

Hot, dry, flushed skin

Fast pulse

Headache and dizziness

Possible unconsciousness or seizures

CALL **9 1 1**

General Signs & Symptoms of Heat Related Illnesses

Get help if you or someone you know experiences:

- Headache
- More tiredness than usual
- Weakness, dizziness, feeling faint
- Nausea or vomiting
- Rapid or difficulty breathing
- Confusion or disorientation



How to Help Someone with a Heat Related Illness

- Call... **911**
- Move the person to a cooler place
- Loosen excess clothing
- Cool the person down by placing cool wet cloths under their arms or around their neck
- Give the person sips of cool water (avoid if person has decreased level of consciousness, vomiting or nauseated)



Prevention of Heat Related Illnesses

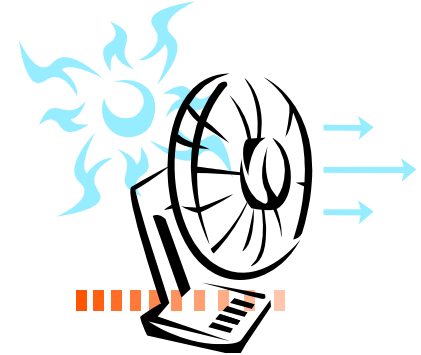
- Drink lots of cool water before you feel thirsty
- Go to a cool or air conditioned place
- Avoid the sun and stay in the shade



Prevention of Heat Related Illnesses(Cont'd)

- Reschedule your activities during cooler parts of the day and take rest breaks
- Wear light, loose fitting, light coloured clothing
- Apply cool towels or take frequent cool showers/baths
- Cover windows to keep out sunlight

Safe Fan Use



Do:

- Use next to an open window
- Bring cooler air from outside. Blow warm air outside.
- Plug your fan directly into the wall outlet

Don't:

- Use in a closed room that is very hot
- Believe that fans cool the air. They just move the air around.
- Use a fan to blow hot air on yourself

Keep Cool Outdoors



- Wear a wide brimmed hat, sunscreen & sunglasses.
- Wear light coloured, breathable, loose fitting clothing.
- Schedule outdoor activities during the cooler part of the day.
- Look for shaded areas or use an umbrella to avoid the sun.
- Drink lots of water and take frequent rest breaks

Air Quality Health Index

- Measures air quality in terms of health on a scale from 1-10.

AQHI	1	2	3	4	5	6	7	8	9	10	10 +
Risk	Low (1-3)			Mod. (4-6)			High (7-10)				Very High

For more information please visit:

www.toronto.ca/health/airquality/aqhi/index.htm

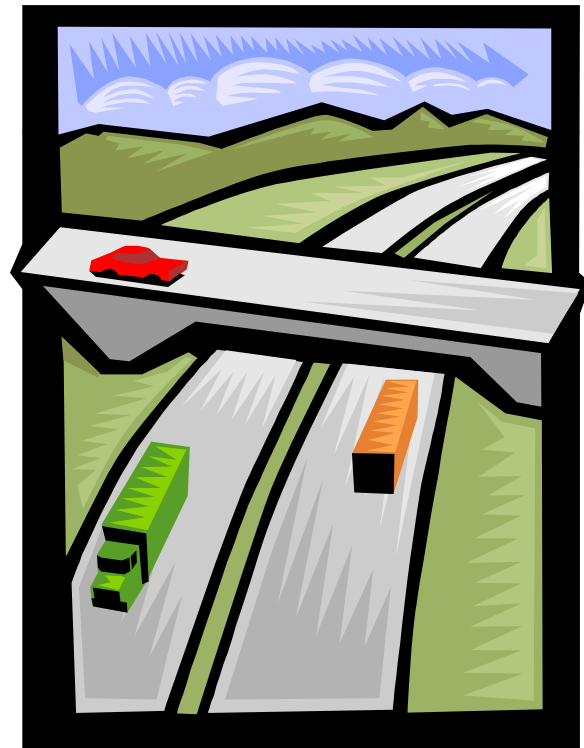
Air Quality Health Index (cont'd)

Who is at risk? *People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

Health Message	General Population	At Risk Population *
Low Risk (1-3)	Enjoy your usual outdoor activities	
Medium Risk (4-6)	No reduction in activity	Consider reducing /rescheduling outdoor activities
High Risk (7-10)	Consider reducing /rescheduling outdoor activities	Reduce /reschedule strenuous activities outdoors

Car Safety in Hot Weather

NEVER leave a person or pet in an unattended car.



Implement the Plan!

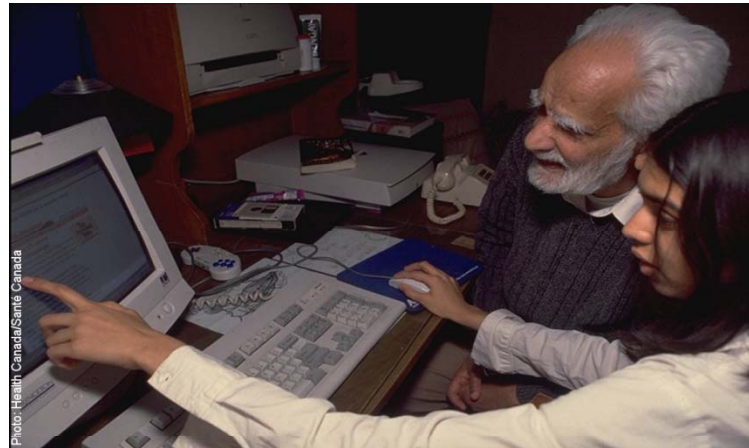
When an Alert is declared,
take action:

- Regularly check on people you know who are at risk and are unable or unwilling to visit an air conditioned place or cool room within their building.
- Encourage them to visit the cool room in their building, or cool public places such as malls, community centres, and libraries.
- Make sure they are eating small meals frequently and are drinking plenty of cool liquids, especially water.



Steps you can take to prepare

- Know where the closest air conditioned public places are located, including the nearest cooling centre so you can inform others.



2012 Cooling Centre Locations Operate During Extreme Heat Alerts

Metro Hall

North York Civic Centre

East York Civic Centre

Etobicoke Olympium

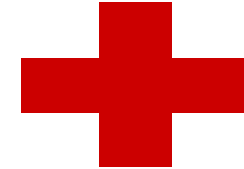
McGregor Community Centre

Centennial Recreation Centre

Driftwood Community Centre



Canadian Red Cross



- Provide First Aid & Heat-Related Illness Recognition Training
- Deliver water to agencies that provide outreach
- Conduct street and park outreach

Getting Help

In an emergency:

9 1 1



For more information on heat-related services
Call 311

For more information on Toronto's Hot Weather Response
Plan: Call Toronto Health Connection

416-338-7600

(Mon – Fri 8:30 a.m. to 4:30 p.m.)

Visit us at www.toronto.ca/health/heatalerts