

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.

Children, Cars and Heat are a Deadly Combination

If you or your child 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

Child Car Safety in Hot Weather

Enjoy a safe summer

PH0804DS0119

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The temperature inside a car can heat up quickly creating an environment that could seriously harm or even kill a child.

How does a hot car affect children?

On a typical sunny day in Canada, the temperature inside a parked car can exceed 50°C (122°F) in just 10-20 minutes. In less than 40 minutes, this high temperature could kill a child. Opening the window slightly does not keep the temperature at a safe level.

Why is the inside of a car dangerous?

- Young children, especially infants, are three to five times more sensitive to heat than adults.
- Young children have a smaller body surface area and do not regulate their body temperatures as quickly as adults. Rising temperatures inside a car can produce significant heat stress on children causing severe dehydration, heat exhaustion or heat stroke that may result in serious illness or death.

The inside of a car is Dangerous AT ALL TIMES!

Parents running quick errands may think that their cars will remain cool enough to leave a child for a few minutes. Even on mild days the temperature can and does rise to dangerous levels in minutes. A delay of just a few minutes can lead to tragedy.

An unlocked family car parked in the driveway can also be dangerous. Children are naturally curious and often lack fear or do not understand that a situation poses a danger to them. Once inside they may become trapped and unable to get themselves out. In the United States, one third of the heat-related deaths during the year 2000 occurred when children crawled into unlocked cars while playing and became trapped.

As a parent or caregiver, what do I need to know?

- Never leave your child in an unattended car, even with the windows open. This applies to pets as well.
 - Teach children not to play in, on or around cars.
 - Check to make sure that all children leave the vehicle when you reach your destination. Don't overlook sleeping infants.
 - Always lock car doors and trunks, when parked in the driveway or near the home.
 - Make sure you check the temperature of your child's safety seat surface and safety belt buckles before restraining children in the car. Skin that touches car seat surfaces that are over 66°C or 150°F can be severely burned in one second.
 - Keep car keys out of reach and sight.
 - **IF YOUR CHILD GETS LOCKED INSIDE A CAR, CALL 911 OR YOUR LOCAL EMERGENCY NUMBER IMMEDIATELY.**
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