



ENVIRONMENT AND CLIMATE CHANGE TEAM

EMERGENCY PREPAREDNESS



STAYING SAFE IN EXTREME HEAT

Extreme heat poses serious health risks to our community. It can result in illnesses like heatstroke, a life-threatening condition with high potential to damage your organs. It's vital to look out for each other by checking on those who are vulnerable and ensuring everyone is staying hydrated. Together, we can stay safe during this extremely hot weather.

Who should be concerned about extreme heat?

Anyone can be affected by extreme heat. However, some groups, including those listed below, may be at higher risk of experiencing heat-related illnesses.

If you or a loved one belongs to one or more of these groups, consider taking extra precautions to reduce your exposure to elevated temperatures. Additionally, act quickly if you or your loved one is experiencing heat exhaustion or heatstroke symptoms.

- ∞ Babies and young children
- ∞ Older adults
- ∞ Pregnant people
- ∞ People with chronic or pre-existing physical or mental health conditions
- ∞ People who don't have access to indoor cooling
- ∞ People who work outdoors
- ∞ People who are experiencing homelessness

Please note: Certain medications can increase your vulnerability to heat-related illnesses. If you're unsure if this applies to you, contact your doctor for additional guidance.

If you have any questions,
please contact
wildfires@metis.org



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What's the difference between heat exhaustion and heatstroke?

Heat exhaustion and heatstroke are both heat-related illnesses. However, their symptoms, severity, and treatment options differ.

Illness	Symptoms	Treatment
Heatstroke	<ul style="list-style-type: none"> • Seizures or fainting • Nausea and vomiting • Trouble breathing • Fast heart rate • Confusion or loss of coordination • Very high body temperature • Heavy sweating or no sweating at all 	Call 911
Heat Exhaustion	<ul style="list-style-type: none"> • Fatigue • Weakness • Headache • Dizziness • Nausea • Pale, cool and moist skin 	<ul style="list-style-type: none"> • Stop all activity • Relocate to a cooler area • Drink water • Take off excess clothing • Use cold water or ice packs

Please note: For more information, call Health Link at 811 or use Alberta Health Services' Healthwise Symptom Checker at myhealth.alberta.ca/health/Pages/conditions.aspx If the person is showing signs of heatstroke or is experiencing a medical emergency, call 911.



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How can I protect myself from heat-related illnesses?

The best way to protect yourself from heat-related illnesses is to take preventative measures, including staying in air-conditioned environments and drinking plenty of water.

Here are some other ways to stay cool:

- ∞ Keep your windows open during the nighttime
- ∞ Limit indoor and outdoor activities
- ∞ Use the fan setting on your furnace to move cooler air around.
Don't turn on the heat.
- ∞ Prepare meals that don't require oven cooking. Refer to the No-Cook recipes in the Canada Food Guide.

Please note: If your community is experiencing both extreme heat and poor air quality, it is essential to prioritize the prevention of heat-related illnesses.



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