



**Kahnawà:ke Emergency
Preparedness & Planning**
Mohawk Council of Kahnawà:ke
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Heat Wave Precautions

While the good news is that a summer heatwave is anticipated with highs reaching 31 degrees Centigrade (90 degrees Fahrenheit) from today until Friday the Emergency Preparedness and Planning Program (Community Protection Unit) in conjunction with the Turtle Bay Elders Lodge and the Canadian Red Cross would like to take this opportunity to remind all Kahnawakero:non that by taking a few minutes and being properly informed and prepared, hours of possible pain and anguish may be avoided.

Please keep the following in mind:

- Ensure all family members are aware of the consequences of high heat and humidity.
- Stay hydrated...Drink water even if you don't feel thirsty.
- Frequently check on the elderly, young and sick as they are more susceptible to suffer from the effects of high heat and humidity.
- If you do not have air-conditioning know where you can go for relief –(malls, theatres etc...)
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Elders who do not have air-conditioning are welcomed to use the facilities of the elders lodge...just call (450) 632-5499 to ensure they will be expecting you...

- Slow down, stay indoors and avoid strenuous exercise during hottest time of the day
- Take frequent breaks if working outside
- Be aware of the signs of Heat Cramps, Heat exhaustion and Heat Stroke

Heat Cramps –Heat cramps are muscular pain and spasms due to heavy exertion. They usually involve the abdominal muscles or legs. It is generally thought this condition is caused by loss of water and salt through sweating.

FIRST AID:

Get victim to a cool place. If they can tolerate it, give one-half glass of water every 15 minutes. Heat cramps can usually be avoided by increasing fluid intake when active in hot weather.

Heat Exhaustion – Heat exhaustion is more dangerous than heat cramps which is caused by fluid loss which in turn causes blood flow to decrease in vital organs, resulting in a form of shock.

SIGNS AND SYMPTOMS:

COOL, PALE AND MOIST skin, heavy sweating, dilated pupils (wide), headache, nausea, dizziness and vomiting. Body temperature will be near normal.

FIRST AID:

Get the victim out of the heat and into a cool place. Place in the shock position, lying on the back with feet raised. Remove or loosen clothing. Cool by fanning or applying cold packs or wet towels or sheets. If conscious, give water to drink every 15 minutes.

IMPORTANT: WHILE HEAT EXHAUSTION IS NOT A LIFE- THREATENING EMERGENCY LIKE HEAT STROKE, IT CAN PROGRESS TO HEAT STROKE IF LEFT UNTREATED!

Heat Stroke (Also known as Sunstroke) - This is the most serious type of heat emergency. It is LIFE-THREATENING and requires IMMEDIATE and AGGRESSIVE treatment!

Heat stroke occurs when the body's heat regulating mechanism fails. The body temperature rises so high that brain damage --and death-- may result unless the body is cooled quickly.

SIGNS & SYMPTOMS:

The victim's skin is HOT, RED and usually DRY. Pupils are very small. The body temperature is VERY HIGH, sometimes as high as 105 degrees.

FIRST AID:

Remember, Heat Stroke is a life-threatening emergency and requires prompt action! Summon professional help. Get the victim into a cool place.

COOL THE VICTIM AS QUICKLY AS POSSIBLE IN ANY MANNER POSSIBLE!

Place the victim into a bathtub of cool water, wrap in wet sheets, place in an air conditioned room.

If you have any questions or for more information please call the Emergency Preparedness and Planning Office at (450) 632-0635