



# PUBLIC SAFETY DIVISION ANNOUNCEMENT

## Suggested Media

### Instructions:

Please run at your discretion.

### Media Inquiries:

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## Mohawk Council of Kahnawà:ke

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*As per the MCK  
Communications Protocol,  
all media requests must be  
arranged through the Public  
Relations / Communications  
Unit*

## WARNING - EXTREME HEAT ADVISORY ISSUED

(Kahnawake – 7, Ohiarikhó:wa/July 2020)

The Public Safety Division of the Mohawk Council of Kahnawà:ke wishes to advise the community that temperatures are expected to remain above 30 degrees Celsius (90 degrees Fahrenheit) for the next several days. With humidex readings we could experience the equivalent of 40 degrees Celsius or more.

**Please ensure that all family members are aware of the consequences of high heat & humidity, and take the following precautions:**

- Stay hydrated. Drink water even if you don't feel thirsty
- Frequently check on elders, the young and sick persons, as they are more susceptible to suffer the effects of extreme heat & humidity
- Slow down, stay indoors if possible, and avoid strenuous exercises during the hottest part of the day
- Take frequent breaks if working outdoors
- Be aware of the signs of Heat Cramps, Heat Exhaustion and Heat Stroke

**Signs & Symptoms of Heat Exhaustion:**

- Victim's skin is hot, red and could be sweating
- Body temperature is very high, sometimes as much as 105 degrees Fahrenheit
- This could lead to a potential life-threatening emergency and requires prompt action – **summon professional help immediately at 450-632-6505**
- Move the victim out of the heat and cool as quickly as possible by placing in a bathtub of cool water and place in an air conditioned room (if possible)

Kahnawà:ke Shakotia'takéhnhas Community Services has also issued a notice regard measures being taken for Elders who may need relief from the heat (<http://www.kscs.ca/story/elders-relief-high-heat-0>).