



Onkwe'tà:ke lakotokénhstha

PUBLIC SERVICE ANNOUNCEMENT

Suggested Media Instructions:

Please mention at your discretion until at least Thursday, July 14th.

Media Inquiries:

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

Extreme heat warning in effect

(Kahnawake – 12, Ohiarikhó:wa/ July 2016) The Emergency Planning and Preparedness Program of the MCK is advising the community that a heat warning is in effect. A warm and humid air-mass will move over Western Quebec today and bring highs near 30 degrees Celsius. The moisture will be at its highest on Wednesday, July 13th and humidex values could exceed 40.

SIGNS & SYMPTOMS OF HEAT STROKE

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.

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 and place in an air conditioned room.

The Turtle Bay Elders Lodge has an air-conditioned facility for elders who do not have access to a cool refuge. Call (450) 632-5499 to ensure they will be expecting you. Other alternatives include shopping malls, movie theatres and friends or family members whose premises are air conditioned.

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

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