



Kahnawà:ke Ratitsénhaiens

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PUBLIC SERVICE ANNOUNCEMENT

Caution Extended - Humidex Heat Wave

(Kahnawake – 18, Ohiarikhó:wa/July 2013) The Emergency Planning and Preparedness Program in conjunction with the Turtle Bay Elders' Lodge would like to inform the community that the high heat and humidity warning has been extended to Saturday, July 20th. The high heat and added Humidex will bring temperatures to reach critical levels.

Elders who do not have air-conditioning are welcomed to use the facilities of the Elders Lodge. Call (450) 632-5499 to ensure they will be expecting you.

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.)
- 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

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.

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

SUGGESTED INSTRUCTIONS FOR MEDIA

Please mention often until further notice.

For further information on this release, contact Gene Diabo at 450-632-7500, ext. 2254