



Kahnawà:ke Ratitsénhaiens

Mohawk Council of Kahnawà:ke

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Enhsakotò:kénhte Nitiotié:ren Tsi Ietsenhaintákhwa

PUBLIC SERVICE ANNOUNCEMENT

Notice to Community regarding Heat Wave

(Kahnawake – 19, Ohiarikhó:wa/July) With anticipated 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 Kahnawà'kehró: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.)

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.

- 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, place in an air conditioned room.

A more detailed version of this notice is available at www.kahnawake.com. 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.