



# PUBLIC SAFETY DIVISION ANNOUNCEMENT

## Suggested Media

### Instructions:

Please run at your discretion.

### Media Inquiries:

[MCKmedia@mck.ca](mailto:MCKmedia@mck.ca)

## Mohawk Council of Kahnawà:ke

Kahnawà:ke Mohawk  
Territory  
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*As per the MCK  
Communications Protocol,  
all media requests must be  
arranged through the Public  
Relations / Communications  
Unit*

## Heat Warning in Effect

**(Kahnawake – 9, Seskéha/August 2021)**

The Public Safety Division of the Mohawk Council of Kahnawà:ke would like to inform the community that a Heat Warning is in effect for our region. Today and tomorrow will be particularly warm with maximum temperatures exceeding 30 degrees Celsius and humidex values reaching 40. In addition, nights will be warm and uncomfortable with lows near 20 degrees Celsius until Friday.

Drinking lots of water to keep your body hydrated is very important (avoid caffeinated drinks and alcohol as these cause dehydration).

### **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.
- While maintaining physical distancing, 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

### **SIGNS & SYMPTOMS OF HEAT EXHAUSTION**

The victim's skin is hot, red and could be sweating. The body temperature is very high, sometimes as high as 105 degrees. Heat exhaustion could lead to 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 possible).

If you have any questions or for more information, please call the Public Safety Division at **(450) 632-0635**. For emergencies call the Peacekeepers at **450-632-6505**.