



# Kahnawà:ke Ratitsénhaiens

*Mohawk Council of Kahnawà:ke*

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**Enhsakotò:kénhte Nitiotié:ren Tsi Ietsenhaintákhwa**

## **PUBLIC SERVICE ANNOUNCEMENT**

### **Extreme heat warning in effect**

**(Kahnawake – 28, Seskéha/August 2015)** The Emergency Planning and Preparedness Program of the MCK is advising the community that a heat warning is in effect where temperatures (including the humidex) are expected to reach as high as 40 degrees Celsius for the next few days.

#### **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 or a 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 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.

#### **SUGGESTED INSTRUCTIONS FOR MEDIA**

Please mention at your discretion until Thursday, August 20<sup>th</sup>.

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