



PUBLIC SAFETY DIVISION ANNOUNCEMENT

Suggested Media Instructions:

Please run at your
discretion.

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*As per the MCK
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Unit*

Heat Warning in Effect

(Kahnawake – 19, 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, Friday and Saturday will be particularly warm with daytime highs exceeding 30 degrees Celsius and humidex values expected to reach 40. In addition, nights will be warm and uncomfortable with lows near 20 degrees Celsius until Tuesday.

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

Tips to keep 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 individual's skin will become hot, red and could be sweating. The body temperature will increase, sometimes as high as 105 degrees. Heat exhaustion could lead to a life-threatening situation and requires prompt action. Summon professional help and move the individual into a cool place, such as an air-conditioned room or a bathtub of cool water.

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