

NEWS RELEASE

For immediate release: July 5, 2023

Beat The Heat – Hot and Humid Temperatures Expected Throughout the Summer

NORTH BAY, ON - Hot and humid temperatures are currently affecting the Nipissing and Parry Sound Districts, and are expected to continue throughout the summer. The North Bay Parry Sound District Health Unit (Health Unit) is reminding people to protect themselves against heat and humidity.

Exposure to high levels of heat over a long period of time can lead to sunburns, dehydration, heat stroke, heat exhaustion, and in extreme cases even death.

People who are most at risk include older adults, infants and young children, pregnant individuals, people with chronic illnesses, people who experience homelessness, and those who work or exercise in the heat. Those who take medications or have a health condition should consult their doctor or pharmacist to determine if they are at increased risk from the heat and follow their recommendations.

Know the signs and symptoms of heat-related illness, including dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst, and decreased urination with unusually dark yellow urine. If you or someone in your care experiences these symptoms, contact a health care professional, friend, or family member for help. In emergencies, call 911.

Tips to beat the heat:

Prepare.

- Wear a hat, light and loose-fitting clothing, sunscreen, and sunglasses when outside.
- Bring a parasol or an umbrella and water when leaving home in case you need to wait outdoors in the heat, such as in a lineup.
- Keep your home cool by closing blinds and curtains on any windows facing the sun.
- **Drink plenty of water** and avoid **alcohol** and caffeine.
- Talk to your doctor, nurse, or pharmacist if you are taking medications, as some can make it harder to control body temperature.
- Make sure to consult with your doctor if you are on a restricted fluid intake.
- Discuss your health needs with your employer if your work demands will expose you to the heat.

Take it easy.

- Avoid unnecessary strenuous work or activity outside, especially between 10 a.m. and 4 p.m. If work must be done, take frequent water breaks in the shade.
- If you're wearing a mask and undertaking physical exertion in the heat, a mask can make the effort more difficult. Lower the intensity and/or amount of work, and/or take more rests and cooling breaks if needed.
- If you're breastfeeding, feed according to your child's cues and drink plenty of water. Reach out to the nurses on our **Family Health Information Line** for more information on caring for your little ones during the heat.

Cool down!

- Cool off in a public air-conditioned space such as the mall, library, or local community centre, in the shade, or at one of our district's public **beaches, pools or splash pads**.
- Take cool baths and showers as often as needed, or soak hands and feet in cool water.
 - If you cannot shower or bathe easily, sponge often with cool wet towels. Focus on cooling the back of the neck, under the arms and groin area.
- Open windows at night once the outdoor air is cooler than the indoor air; close windows in the morning before hotter air comes in.
- Use fans at night to help exhaust warm indoor air and/or bring in cool outdoor air.
- Use a fan and mist your skin with water.

Stay connected, and care for others.

- Never leave children, the elderly or pets unattended in a car, even with the windows open. The temperature will rise dangerously in only a few minutes.
- Stay connected with people in your community who may have a difficult time coping with hot weather and those who live alone. Check on them often.
- Keep in daily contact with friends and family to let them know how *you* are feeling. Ask for help if the hot weather is making you feel uncomfortable.
- Listen to the radio for information about cooling stations and other guidance.
- Watch for signs of sunburn, dehydration, heat exhaustion and heat stroke, and speak with your healthcare provider if you feel unwell.
- For non-urgent medical advice, contact **Health811**.

Heat warnings in northern Ontario are issued by Environment and Climate Change Canada when the forecasted temperature rises for two days to 29 degrees Celsius or above during the day and 18 degrees Celsius or above at night, or the humidex is 36 degrees Celsius or above.

For more information, visit myhealthunit.ca/Heat and follow the Health Unit on [Facebook](#) and [Twitter](#).

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North Bay Parry Sound District

Health Unit



Bureau de santé

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