

Excessive heat alert issued for Niagara

NIAGARA REGION, June 19, 2012 - An Excessive Heat Alert has been issued today by Niagara Region Public Health as the humidex is expected to reach 40 C.

Niagara residents are advised to take extra precautions during episodes of extreme heat and humidity.

Signs of heat-related illness may include confusion, dizziness, nausea, muscle swelling, heart disturbances, and headache.

Here are steps to minimize heat-related illness:

- Schedule outdoor activities carefully. If you must be outside, plan your activities either before noon or in the evening. Rest frequently in shady areas, and drink plenty of fluids (unless fluid is restricted by one's physician).
- Never leave infants or young children in a parked car. Dress them in cool, loose clothing, and shade their heads and faces with hats or an umbrella. Ensure infants and children are protected with sunscreen.
- People over 65 years of age may not compensate for heat stress efficiently and are less likely to sense and respond to changes in temperature. Stay in cool areas and use air conditioning. When the temperature is in the high thirties or higher, a fan will not prevent heat-related illness. A cool shower or bath is more effective.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat. They should stay in cool areas and use air conditioning.
- Any health condition that causes dehydration makes the body more susceptible to heat sickness. Consult your doctor if you feel signs of confusion, dizziness, nausea, muscle swelling, heart disturbances, and/or a headache.

For more information visit www.niagararegion.ca/health.

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Peter Jekel
Niagara Region
905-688-8248 ext. 7219 or 1-888-505-6074

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