

Stay safe: Heat-related illnesses

Know the signs

Heat rash: red or pink rash usually found in areas where sweat collects.

Heat exhaustion: heavy sweating, weakness, dizziness, nausea, vomiting and fainting.

Heat cramps: painful muscle cramps, caused by dehydration and lack of nutrients from excessive sweating.

Heat stroke: headache, dizziness, confusion and fainting; skin may be hot and dry or damp. This is a medical emergency – seek emergency help and cool down right away.

Consult a healthcare provider or call Health811 (TTY: 1-877-797-0007) if you experience these symptoms.

In the event of medical emergency (for example, loss of consciousness), call emergency services immediately.

Be prepared

Stay hydrated: drink plenty of cool liquids. Water is best.

Stay cool: dress in light-coloured, loose-fitting clothing, wear a hat and apply sunscreen.

Stay inside: spend the hottest part of the day (typically noon to 2 p.m.) in air-conditioned homes or public buildings (for example, a mall, library, or cooling station).



Keep your house comfortable: open windows at night to create a cross-breeze. Close awnings, curtains, or blinds during the day to reduce heat indoors.

Check on friends, family, and neighbours: check in daily, particularly if they are at increased risk or they do not have access to functioning air conditioning.