

## Keeping Cool During a Heat Emergency

If you have experienced a loss of power, the following tips will help you and your family keep cool during extreme heat events when fans and air conditioning are not available.

- During the day keep windows and curtains closed to keep the heat out
- Open windows during the cooler evening/overnight period
- When you are outside seek shade
- Dress in light coloured, loose fitting clothing
- Go to lower levels of your home ie. basement where it is generally cooler
- Visit pools, and swimming areas
- Visit cooling centers set up by your municipality
- Visit neighbours who may have a generator and can operate air conditioning
- Drink plenty of cool water- stay hydrated- **avoid caffeine** and alcohol
- Watch for signs of heat stress, heat exhaustion and heat stroke. Extreme heat can be dangerous for all children, watch for symptoms including sleepiness, dizziness, fainting, behaviour changes, nausea/vomiting, headache, rapid breathing/heartbeat, extreme thirst, decreased urination or dark yellow urine
- Heat stroke is a **medical emergency**. (high body temperature, loss of consciousness, confusion and sweating has stopped) **call 911**
- While waiting for medical assistance try to cool the person by moving them to a cool place, applying cold water over their entire body, and fanning them