



MIDDLESEX-LONDON

Emergency Medical Services Authority

340 Waterloo Street, London, ON, N6B 2N6 – Tel: 519-679-5466 – Fax: 519-679-9509

July 18, 2013: Heat Alert

The City of London and the County of Middlesex are experiencing extreme heat / humidex values in the mid-40s this week bringing the most humid and hottest weather the region has had in seven years.

Middlesex – London Emergency Medical Services would like to provide some “Hot Weather Safety Tips”

With the combination of high humidity and high temperatures you need to be extra careful. Those that are especially at risk of heat related illnesses are:

- The elderly
- People with certain chronic illnesses, such as heart or lung conditions or people unable to move or change position by themselves
- Infants and preschool children
- People who exercise vigorously or are involved in strenuous work outdoors for prolonged periods

What to look for:

Heat Cramps:

Mild muscle cramps can become severe, usually in the legs and stomach. The person's body temperature will be normal, and they will have moist skin

Treatment is to give the person fluids to drink. Sport juices are the best option. The person should rest and be removed from the heat. Gentle massage to the muscles

Heat Exhaustion:

Moist skin because of sweating, redder or paler than normal, Nausea, Dizziness and weakness, Exhaustion, Slightly raised temperature.

Treatment is to remove from the heat, loosen tight clothes and remove wet clothes, fan the person, and pour water over skin to help cool them off. Small sips of water if the person is able to hold their own cup. Do not let the person do any activities for the rest of the day. If you become ill, faint, have difficulty breathing or feel confused and disoriented, call your doctor.



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In an emergency, call 911

Heat Stroke:

High body temperature, red hot dry skin, especially in the elderly. Body is too hot to sweat, and is overheating. Aggressive behavior, nausea, leading to loss of consciousness. Weak rapid pulse, rapid shallow breathing, can lead to seizures.

Treatment is to cool them down as quickly as possible to prevent seizures. Ice packs in arm pits and the groin, remove wet clothes, remove from heat, cool body down with water from neck down.

In an emergency, call 911

If you find someone who is showing signs of heat illness that can't be resolved by moving to a cooler place, or taking a cool shower or bath, you need to call 911 right away. These symptoms include nausea, vomiting, disorientation, fainting and rapid breathing.