



# PREPARE FOR AN EMERGENCY

## Extreme Heat

Extreme heat can put your health at risk, causing illnesses like heat stroke and even death.

### HOW TO PREPARE FOR EXTREME HEAT

- Drink plenty of water and other fluids to stay hydrated. Drinking fluids before you feel thirsty helps to reduce your risk of dehydration.
- Avoid caffeine and alcohol because they can cause dehydration, which stops your body from controlling its temperature properly.
- Avoid being outside during the hottest part of the day (typically between 10:00 a.m. and 2:00 p.m.).
- Never leave people or pets inside a parked vehicle especially in direct sunlight.
- Ensure pets have plenty of water.
- Keep curtains and blinds closed during the day.
- If you have an air conditioner, make sure it is working properly.
- Open windows overnight (if safe) to cool your home and close them during the day.
- Avoid using your oven if possible, as it will heat up your home.

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>

### STAYING SAFE DURING EXTREME HEAT

- Slow down your activities as it gets hotter. Move indoors and do not work, exercise, or play outside for an extended period of time.
- Wear sunscreen.
- Dress for the weather by wearing loose fitting, lightweight, light-colored clothing, a brimmed hat and UV protected sunglasses.
- If your home is too hot and uncomfortable, take cool showers or baths or go to an air conditioned public space, like a shopping mall.
- Listen to local news and weather reports for heat warnings.
- A heat warning, as defined by Environment Canada, means daytime and night-time temperatures or humidex values are expected to be higher than the average high temperature for 2 (two) or more days in a row.



## Village of New Maryland

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- Check up on your family and friends who are alone and do not have air conditioning.
- Visit a cooling location.

#### **AFTER EXTREME HEAT**

Refurbish and outfit your home for the next extreme heat season. **A few potential upgrades include:**

- adding drapes or shades to windows;
- replacing or upgrading weather stripping around doors and windows;
- adding insulation to keep the heat out;
- installing an attic fan to clear hot air; and
- installing air conditioners.



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