



PUBLIC SAFETY UNIT ANNOUNCEMENT

Suggested Media Instructions:

Please run at your discretion.

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*As per the MCK
Communications Protocol,
all media requests must be
arranged through the Public
Relations / Communications
Unit*

Extreme Heat Forecasted

(Kahnawake – 28, Ohiarí:ha/June 2018) The Public Safety Unit of the MCK wishes to advise the community that temperatures are expected to surpass 30 degrees Celsius (90 degrees Fahrenheit) with humidex readings in the 40s this holiday weekend and last through most of next week.

The Turtle Bay Elders' Lodge has an air-conditioned facility for elders who do not have access to a cool refuge. Call (450) 632-5499 to ensure they will be expecting you. Other alternatives include shopping malls, movie theatres and friends or family members whose premises are air conditioned.

Please keep the following in mind:

- Ensure all family members are aware of the consequences of high heat and humidity.
- Stay hydrated. Drink water even if you don't feel thirsty.
- Frequently check on the elderly, young and sick as they are more susceptible to suffer from the effects of high heat and humidity.
- Slow down, stay indoors and avoid strenuous exercise during the hottest time of the day
- Take frequent breaks if working outside
- Be aware of the signs of Heat Cramps, Heat Exhaustion and Heat Stroke

SIGNS & SYMPTOMS OF HEAT EXHAUSTION

The victim's skin is hot, red and could be sweating. The body temperature is very high, sometimes as high as 105 degrees.

Heat exhaustion could lead to a life-threatening emergency and requires prompt action. Summon professional help. Get the victim into a cool place.

COOL THE VICTIM AS QUICKLY AS POSSIBLE IN ANY MANNER POSSIBLE!

Place the victim into a bathtub of cool water, wrap in wet sheets and place in an air conditioned room.

If you have any questions or for more information please call the Public Safety Unit at **(450) 632-0635**.