



# PUBLIC SAFETY DIVISION ANNOUNCEMENT

## Suggested Media

### Instructions:

Please run at your discretion.

### Media Inquiries:

[MCKmedia@mck.ca](mailto:MCKmedia@mck.ca)

## Mohawk Council of Kahnawà:ke

Kahnawà:ke Mohawk  
Territory  
P.O. Box 720  
J0L 1B0

Tel: (450) 632-7500

Fax: (450) 638-5958

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

## WARNING - EXTREME HEAT ADVISORY

**(Kahnawake – 4, Ohiarí:ha/June 2021)**

The Public Safety Division of the Mohawk Council of Kahnawà:ke and the Kahnawake Fire Brigade wish to inform the community that temperatures are forecasted to surpass 30 degrees Celsius (90 degrees Fahrenheit) in the coming days, with humidex readings that could reach the 40s. The heatwave is expected to continue well into next week.

Drinking lots of water to keep your body hydrated is very important (avoid caffeinated drinks and alcohol as these cause dehydration).

If you or someone you know has a swimming pool, up to 8 people can share pool space while practicing physical distancing of at least 6 feet apart when not in the pool. Families can also alternate use of the pool if need be. Additionally, sprinklers and shaded areas will help keep cool.

Kahnawake Shakotia'takéhnhas Community Services has arranged an air-conditioned facility for elders who do not have access to a cool refuge.

### 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.
- While maintaining physical distancing, 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 possible).

If you have any questions or for more information, please call the Public Safety Unit at **(450) 632-0635**. For emergencies call the Peacekeepers at **450-632-6505**.