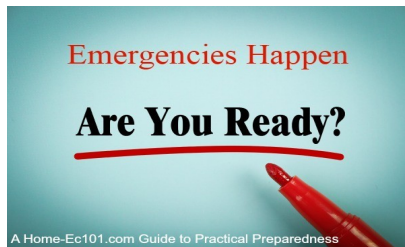


Medications and Heat

Some medications make it harder for your body to control its temperature and can make it easier for your skin to burn. If you are taking any of the types of medication below, you are at higher risk for heat-related illness, especially if you are doing lots of exercise or heavy work and are not drinking enough water. Your risk is higher if you are taking two or more of these medications:

- Psychiatric drugs
- Anti-depressant drugs
- Drugs for Parkinson's disease
- Some antihistamines
- Over-the-counter sleeping pills
- Anti-diarrhea pills.

If you take any medications regularly, speak to your health care provider about staying healthy during hot weather.



For more information
Sudbury & District Health Unit
1-866-522-9200
www.phsd.ca



BE SUN SAFE!

- Wear light coloured, loose-fitting and lightweight clothing with a tight weave to cover arms and legs.
- Use wraparound sunglasses that offer 100% UVA protection.
- Use spectrum SPF 30 or higher sunscreen.
- Use a water-resistant sunscreen if sweating or swimming.
- Apply sunscreen 15 minutes before going out in the sun, and reapply it at least every 2 hours.
- Drink water regularly!



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HEAT STRESS



**Anyone can suffer from
heat related illness!**

DID YOU KNOW?....

Continuous exposure to high levels of heat can lead to dehydration and illnesses such as heat stroke, heat exhaustion, heat edema (swelling of hands, feet, and ankles), heat rash, heat cramps, (muscle cramps), and even death.



Know the signs and symptoms of heat-related illness. They include dizziness or fainting, nausea or vomiting, headache, rapid breathing and heartbeat, extreme thirst, and decreased urination with unusually dark yellow urine.

If you or someone in your care experiences these symptoms, contact a health care professional, friend, or family member for help. **In emergencies, call 911.** If you believe your symptoms could be related to COVID-19, contact your local testing and assessment centre.

Heat warnings are issued by Environment and Climate Change Canada when the forecast rises for two days to 29 degrees Celsius or above. during the day and 18 degrees Celsius or above at night, or the humidex is 36 or above.

YOU CAN BEAT THE HEAT IN 3 EASY STEPS!

STEP 1: Know the risks! Even healthy people and pets can get sick because of hot weather. The following groups are at higher risk and need to be careful!

- Older adults, people with chronic illnesses or conditions, such as heart or breathing conditions, limited physical mobility, and certain mental health illnesses.
- Pregnant women, babies and young children.
- People who work or exercise outdoors.
- People taking certain medications.
- People who use alcohol or illicit drugs.
- Homeless people.

STEP 2: Protect yourself and those in your care

- Drink lots of water, even if you don't feel very thirsty, avoiding drinks made with alcohol or caffeine.
- Limit the amount of time you spend outdoors during the hottest part of the day.
- If you can go to air-conditioned or cooler places like shopping malls, libraries, community centre's, or a friends place.

STEP 3: Know when and how to help. Heat related illness may cause the following signs and symptoms:

- Difficulty breathing
- Weakness or fainting
- Feeling more tired than usual
- Nausea
- Headache
- Confusion

To help someone with a heat-related illness:

- Call for medical help.
- Remove excess clothing from the person.
- Apply cold water to large areas of the skin or clothing.
- Move them to a cooler, shaded location.
- Give sip of cool water (not ice water).
- Fan the person

If you become ill, feel faint, have difficulty breathing or feel confused and disoriented, seek medical help immediately. In an emergency, call 911.