

Can you recognize heat illness?

Do you know what to do?

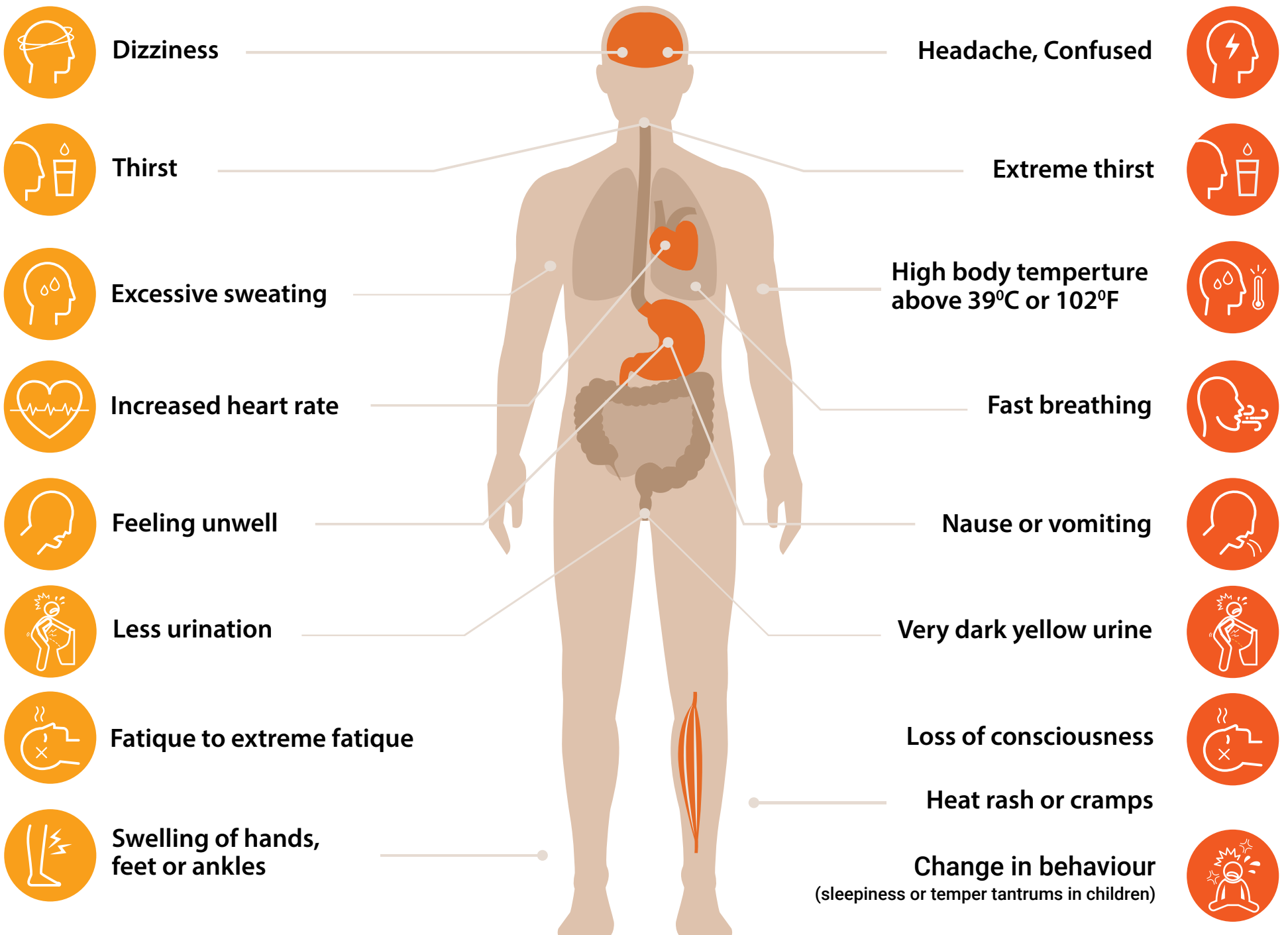
Heat Illness

Can quickly change from mild to severe.
Don't wait to act!



Heat Stroke

Is a medical emergency! Call 911



What actions to take?

While waiting for help:

- Move to a cooler space or shaded area and follow the Heat Hacks on the other side of the page
- Drink water while resting flat on back or semi-upright
- Remove excess clothing
- Place cool, wet towels or icepacks around the body, focussing on the neck, armpits, and groin areas

CALL 911 and get help if symptoms persist or worsen

Do you know how to conduct a heat health check?

The National Collaborating Centre for Environmental Health has created, Health Checks During Extreme Heat Events: A guide for doing in-person or remote health checks during heat events.

Learn more here:

<https://ncceh.ca/resources/evidence-reviews/health-checks-during-extreme-heat-events>

