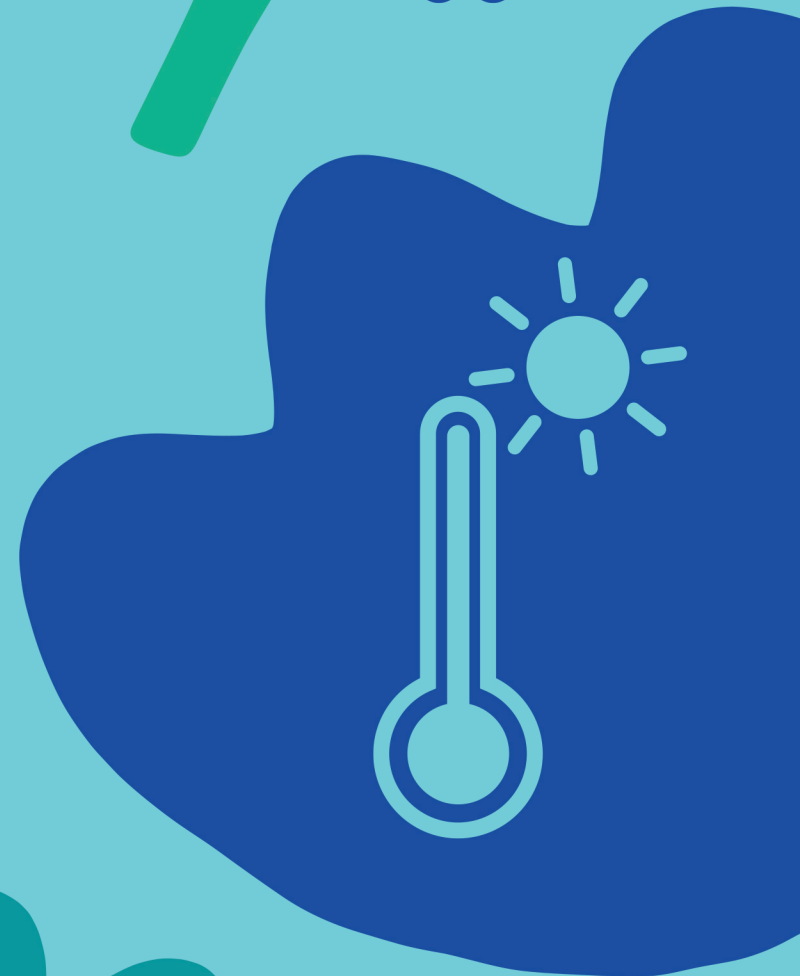


Heatwaves

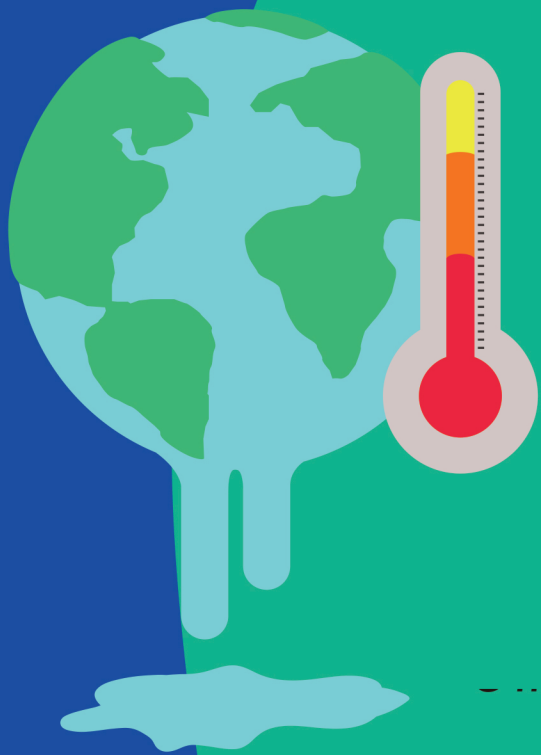
And Child Health

A heatwave is when extremely high temperatures (which vary depending on the region) last for several days or weeks.

Environment Canada releases warnings whenever a region in Canada is suffering a heatwave. You can get these alerts from the news, weather channels, or using an alert app on your cellphone.



Who Is At Risk?



Exposure to extreme heat is a health concern, it can increase the risk of illness and death. With climate change, increased temperatures will become more common and last for longer periods of time.



Everyone experiences the effects of heat, but children (especially newborns), the elderly, people working outdoors, and homeless people are at the greatest risk.

How Can Heat Affect My Child's Health?

Heat illness in children can result in:

- Changes in behaviour (sleepiness or temper tantrums)
- Exhaustion & fainting
- Rapid breathing & heartbeat
- Heat rash
- Headache
- Muscle cramps
- Nausea or vomiting
- Extreme thirst
- Decreased urination with unusually dark
- yellow urine

If overheating isn't prevented, long-term health problems and even death can occur.



Heat Illness Treatment & Prevention

Treatment:

- Immediately move the child to a cool place and give them water or breastmilk if the child is still breastfeeding
- Apply cold water to skin or clothing and fan the child.
- Call 911 if the child is unconscious, confused, or has stopped sweating.

Prevention:



- Watch for heat warnings on the news
- Avoid overexposure to heat and sun
- Never leave a child alone in a vehicle
- Move to cool & shady places on hot days outdoors
- Stay hydrated with water