



Hot Weather Guidelines ADVICE TO HOUSING AUTHORITIES AND LANDLORDS

Peel Health recommends the following steps
to prevent heat related illness

1. Develop policies and procedures to maintain building structures and equipment to maintain comfortable temperatures.
2. Monitor daily heat advisories.
3. If possible, provide a central cool room or space for tenants and visitors.
4. Provide and post information in common areas for residents.

For example,

- Residents without air-conditioning should keep windows open at night during cooler hours and have shades or blinds drawn during the day.
 - Residents should use the stove or oven less to maintain a cooler environment in their unit or room.
 - Provide a list of local facilities close to your building that are air-conditioned and advise people to visit them.
5. Check on elderly residents that live alone, and those who are physically or mentally challenged to ensure they are cool and properly hydrated.
 6. Management should be aware of the signs of heat cramps, heat exhaustion and heat stroke (see reverse for heat illness signs and treatment). Keep this information handy during the summer months.
 7. Take immediate action if you find anyone exhibiting signs of heat exhaustion or heat stroke, follow treatment guidelines from the Region of Peel's web site for immediate response, and call 911 for anyone who exhibits signs of increased confusion and/or unresponsiveness.

Check media for weather updates, visit our web site at hotweatherinpeel.ca or call Region of Peel Public Health at **905-799-7700** for heat information



HEAT ILLNESS SIGNS AND TREATMENT

Sunburn: redness, pain, swelling of skin, blisters, fever and headaches.

Treatment: leave water blisters intact to speed healing and avoid infection. If breaking of blister occurs, apply dry sterile dressing. Serious cases should be seen by a physician.

Heat Cramps: heavy sweating can cause painful muscle spasms usually in the legs but possible in the abdomen

Treatment: apply firm pressure on cramping muscles or gently massage to relieve spasm; give sips of water, if nausea occurs discontinue sips of water, move person to a cooler place to rest in a comfortable position. Observe the person carefully for changes in condition.

Heat Exhaustion: heavy sweating, weakness, cold, pale and clammy skin; weak pulse, fainting and vomiting, core temperature usually 38.8 Celsius or higher, but normal temperature is possible.

Treatment: get person out of sun, move person to a cooler environment, lay person down and loosen clothing, apply cool wet cloths, give sips of water. If nausea occurs, discontinue sips of water; if vomiting continues, seek immediate medical attention.

Heatstroke: severe medical emergency, high body temperature (41 degrees Celsius or higher), hot, dry skin, rapid and strong pulse, possible unconsciousness

Treatment: **Call 911, if unable to get person to medical help immediately, do the following:**

- Move person to a cooler environment
- Remove outer clothing
- Reduce body temperature using lukewarm(not cold) water to bathe/sponge the person
- Do not give fluids

Check media for weather updates, visit our web site at hotweatherinpeel.ca or call Region of Peel Public Health at **905-799-7700** for heat information