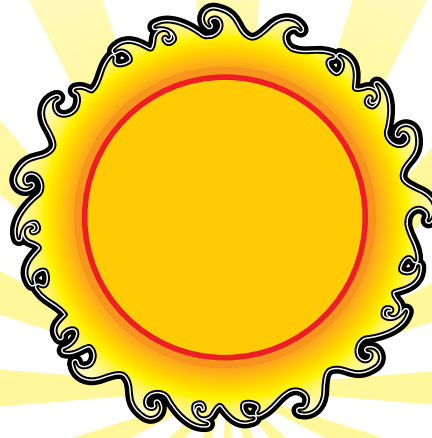


What can You Do to Keep Cool?

- Stay indoors as much as possible.
- Limit your exposure to the sun.
- Spend the warmest part of the day in a public building (i.e. libraries, schools, movie theaters, shopping malls and other community facilities).
- Eat well-balanced, light and regular meals.
- Drink plenty of water. Persons who have a problem with fluid retention should consult a doctor before increasing their fluid intake.
- Avoid alcoholic beverages as they can increase your risk of dehydration.
- Dress in loose-fitting, lightweight and light-coloured clothes that cover as much as possible.
- Protect your face and head by wearing a wide-brimmed hat.
- Check on your family, friends and neighbours, especially if they live alone.
- Never leave children or pets alone in a closed vehicle.
- Avoid strenuous activities during the warmest part of the day.

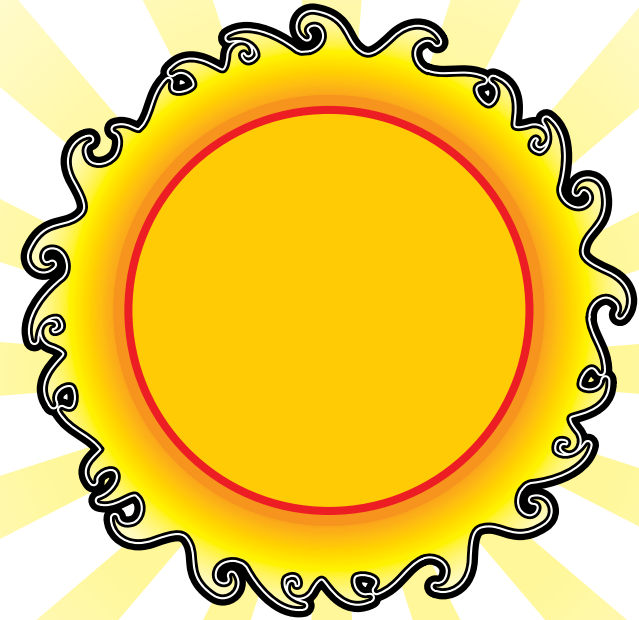


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24/7 for all municipal services
www.brampton.ca



What to do in a HEAT ALERT



Keep Cool
Stay Hydrated
Check on Neighbours



When is a Heat Alert Issued?

The Region of Peel Health Department issues heat alerts and extreme heat alerts based on a scientific evaluation. Information on alerts is available at the Peel Health website:

www.peelregion.ca/health/heat

When are Cooling Centres Opened?

All residents are invited to visit our cooling centres during a sustained heat alert to receive bottled water, rest and cool down. Information on personal preparedness will be available at the centres.

Under a **sustained** heat alert condition, the City of Brampton will open cooling centres. A sustained alert condition is confirmed by the Region of Peel Health Department when three consecutive days of heat or extreme heat alerts are predicted.

Where are the Cooling Centres?

South Fletcher's Sportsplex

- 500 Ray Lawson Blvd
(NE corner Ray Lawson & McLaughlin)
- Brampton Bus Route #52

Cassie Campbell Community Centre

- 1050 Sandalwood Parkway West
(NW corner Chinguacousy & Sandalwood)
- Brampton Bus Route #4 or #23

Century Gardens Recreation Centre

- 340 Vodden St. E
(NE corner of Vodden & Rutherford)
- Brampton Bus Route #9 or #8

Earncliffe Recreation Centre

- 44 Eastbourne Drive
(W of Torbram, S of Clark)
- Brampton Bus Route #16

What are the Signs and Treatments for Heat-Related Illness?

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, and 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 degrees Celsius or higher, but normal temperature is possible.

Treatment:

Get person out of the 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

Did you know that during a sustained heat alert the City of Brampton activates a number of procedures to help its residents cope with the heat?

These include pools, splash pads and recreation centres extending hours during the alert.

Individuals are encouraged to restrict outdoor activity. It is also recommended that you stay out of the sun, drink lots of water and stay in air-conditioned places. Seniors and young children are particularly at risk, and residents are encouraged to check in on friends and family who they think may be vulnerable.

For more information on heat safety, visit Peel Public Health at www.peelregion.ca/health/heat