

-The heat wave is still with us -

If you encounter or speak to families or persons we work with who are experiencing distress due to the heat wave, here is a link for residents of Ottawa. Persons living alone or on the street are particularly vulnerable at this time.

<https://ottawa.ca/en/news/ottawa-public-health-advising-residents-take-precautions-during-canada-day-weekend-heat-wave>

Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

- Throbbing **headache**
- **Dizziness** and light-headedness
- Lack of **sweating** despite the heat
- Red, hot, and **dry skin**
- Muscle **weakness** or **cramps**
- **Nausea and vomiting**
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

First Aid for Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal.

While waiting for the paramedics to arrive, initiate **first aid**. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.

If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. (If no thermometers are available, don't hesitate to initiate first aid.)

Try these cooling strategies:

- Fan air over the patient while wetting his or her **skin** with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with **blood** vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water.

- If the person is young and healthy and suffered heat stroke while **exercising** vigorously -- what's known as exertional heat stroke -- you can use an ice bath to help cool the body.

Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heat stroke occurred without vigorous **exercise. Doing so can be dangerous.**