



June 21, 2022

Dear Residents,

**Welcome to summer.** It may be difficult to imagine, as we have had such a cool spring, but Environment Canada is forecasting warmer weather over the next week. With warmer weather comes the risk of heat related illnesses. We want to remind everyone what symptoms to watch for and steps to take to ensure you are not affected by the heat in negative ways.

**Signs of heat stress:**

- Stinging, itchy skin, red rash, muscle spasms

**Signs of Heat exhaustion:**

- Heavy sweating or cool skin
- Feeling dizzy or faint, feeling sick or vomiting
- Fast heart beat and breathing
- Headache, trouble concentrating
- Muscle cramps or pain
- Extreme thirst
- Very dark urine and going less often

**Signs of heat stroke:**

- High body temperature
- Very hot, red, and dry skin
- Very drowsy or fainting
- Confused
- Less coordinated

**What to do to stay cool:**

- **Stay hydrated.** Drinking cool water cools a body from the inside, which is very important.
- **Keep windows, window coverings, and outside doors closed** during the day when it is hottest outside. Open these again when it cools in the evening.

## For Better Retirement Living



- **Spend time in common areas on the main floor.** These areas are air conditioned and are the coolest spots in the building. It can take a few hours in a cool area to cool the core temperature of a body. Relax and spend time!
- **Cool showers, damp cloths, or foot baths** can help cool body temperatures.
- When spending time outside, **stay in shaded areas.**
- If you are experiencing any symptoms for heat stress, heat exhaustion, or heat stroke, **call staff for assistance.**

Staff are here to help when you need it. Do not hesitate to call for help in this situation.

Stay cool and stay well,

Jackie Reiners  
Executive Director.