

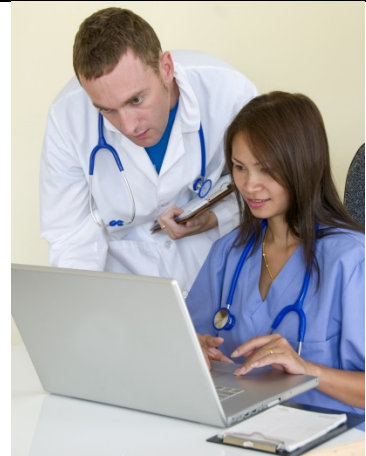




	<p>Heat illnesses are preventable!</p> <ul style="list-style-type: none"> <li>• Drink plenty of cool liquids, especially water.</li> <li>• Take cool shower or baths.</li> <li>• Spend a few hours in a cool place.</li> <li>• Avoid sun exposure.</li> <li>• Plan outdoor activities during cooler parts of the day.</li> </ul>	<p>#ONStorm #HeatWave #RCDHU  #HeatWarnings  @RenCtyEM  @RenCtyParamedics  @RCDHealthUnit</p>
	<p>People most at risk of #ExtremeHeat events:  Older adults, infants and young children, people with chronic illnesses, people who work or exercise outdoors, homeless and low-income earners.</p> <p>Stay safe – Hydrate – Keep Cool</p>	<p>#ONStorm #HeatWave #RCDHU  #HeatWarnings  @RenCtyEM  @RenCtyParamedics  @RCDHealthUnit</p>
	<p>#ExtremeHeat can make you sick! If you feel dizzy, weak or overheated:</p> <ul style="list-style-type: none"> <li>• go to a cool place;</li> <li>• sit or lie down;</li> <li>• drink water;</li> <li>• wash your face with cool water.</li> </ul> <p>If you don't feel better soon, seek medical help immediately.</p>	<p>#ONStorm #HeatWave #RCDHU  #HeatWarnings  @RenCtyEM  @RenCtyParamedics  @RCDHealthUnit</p>

	<p>Extreme #HeatWarning          Avoid sun exposure. Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella.</p>	<p>#ONStorm #HeatWave #RCDHU          #HeatWarnings #ExtremeHeat          @RenCtyEM          @RenCtyParamedics          @RCDHealthUnit</p>
	<p>#ExtremeHeat can make you and others sick!          Frequently visit neighbours, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.          Stay safe – Hydrate – Keep Cool</p>	<p>#ONStorm #HeatWave #RCDHU          #HeatWarnings #ExtremeHeat          @RenCtyEM          @RenCtyParamedics          @RCDHealthUnit</p>
	<p>Heat stroke is a medical emergency! Call 911 immediately if you are caring for someone, who has a high body temperature and is either unconscious, confused or has stopped sweating. While waiting for help cool the person right away.</p>	<p>#ONStorm #HeatWave #RCDHU          #HeatWarnings #ExtremeHeat          @RenCtyEM          @RenCtyParamedics          @RCDHealthUnit</p>

		<p>Extreme #HeatWarning If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.</p>	<p>#ONStorm #HeatWave #RCDHU #HeatWarnings #ExtremeHeat @RenCtyEM @RenCtyParamedics @RCDHealthUnit</p>
		<p>Reduce strenuous activity during periods of #ExtremeHeat, and plan physical activities for cooler parts of the day. Exercise in an air-conditioned place, or a cooler outdoor location.</p>	<p>#ONStorm #HeatWave #RCDHU #HeatWarnings #ExtremeHeat @RenCtyEM @RenCtyParamedics @RCDHealthUnit</p>
 <p>Emergency preparedness starts with you <b>extreme heat</b></p> <ul style="list-style-type: none"> <li>Keep hydrated</li> <li>Include summer essentials in your kit</li> <li>Prepare for sudden power outages</li> <li>Protect family and pets</li> </ul> <p>ontario.ca/beprepared</p>	<p>How to prepare for #ExtremeHeat? Visit: <a href="https://www.ontario.ca/page/extreme-heat">https://www.ontario.ca/page/extreme-heat</a></p> <p>Stay safe – Hydrate – Keep Cool</p>	<p>#ONStorm #HeatWave #RCDHU #HeatWarnings #ExtremeHeat @RenCtyEM @RenCtyParamedics @RCDHealthUnit</p>	