



# Tehshakotitsén:tha Kateri Memorial Hospital Centre

Established 1905

## **PSA: Extreme Heat Warning**

For immediate release

**(Kahnawake - 23, Ohiarí:ha/June 2025)** Tehsakotitsén:tha Kateri Memorial Hospital Centre would like to inform the community of a heat warning issued by Environment and Climate Change Canada for the region.

The alert was announced early this morning, citing “humid and hot weather” today (June 23) and tomorrow (June 24).

The humidex values are expected to reach the low to mid 40s, while maximum temperatures are expected to exceed 30 degrees during the day and 20 degrees at night.

### **Risks**

Prolonged exposure to extreme heat can cause medical emergencies and in extreme cases, death. Extreme heat can cause:

#### **Dehydration**

- Symptoms include nausea and vomiting, abdominal discomfort, visual disturbances, decreased urine output.
- Treatment includes rehydration in a cool place.

#### **Heat Cramps**

- Symptoms include painful muscle cramps.
- Treatment includes rest/rehydration in a cool place.

#### **Heat Exhaustion**

- Symptoms may include nausea and/or vomiting, headache, muscle cramps/pain, feeling dizzy and faint, profuse sweating, moist pale skin which feels normal or cool, rapid breathing, weakness or exhaustion, and loss of consciousness.
- Treatment includes rest, plenty of fluids, in a cool place.

#### **Heat Stroke**

- Heat Stroke is considered a medical emergency. In heat stroke, the body stops sweating and the core body temperature goes up leading to organ damage and

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death.

- Symptoms include rapid, shallow breathing, rapid pulse, generalized weakness, hot or possibly moist skin, little or no perspiration, loss of consciousness or irritability or bizarre behavior, dilated pupils, seizures may be seen, no muscle cramps. If you suspect some type of heat emergency, call the ambulance.
- Treatment includes bringing the person to a cool environment, removing clothing, sponging with cool water and applying cold packs to the axilla (underarm) and the groin (inner thigh). If the person is cooperative and conscious, have them drink cool fluids.

If someone presents with one of these alarming signs, urgent medical consultation is necessary.

In case of severe signs like loss of consciousness, call an ambulance at 450-632-6505.

### **Population**

Elderly people (65 years and older): Elders are at a high risk of heat-related injury and in extreme cases can cause death. Elders are more likely to have a chronic medical condition or take prescription medication that changes normal body responses to heat.

Athletes and Workers: Heat is the second leading cause of death among young athletes. Drink fluids before, during, and after work/training to ensure you remain hydrated and always work/train with a partner. Take several drink breaks every hour. Drink as much as you can during lunch breaks. Drink more than you think you need.

Young Children 0-4 years old: Young children are particularly vulnerable to heat since their systems may not be mature enough to regulate their body temperature and their bodies contain more water than adults. All children (especially under 1 year) are at risk of dehydration.

Signs of dehydration in children: decrease in tears production, dry mouth and skin, sunken eyes with dark circles, and depressed fontanel (hole on top of head), shortness of breath, cold extremities that are pale and marbled, decreased urine output (# of diapers or less soaked)

**Never leave your child alone in a vehicle even for a few minutes.**

### **Prevention**

Prevention is the key. Here is what we can do to prevent Heat Exhaustion/Stroke:

- Drink cool, nonalcoholic beverages \*If your doctor generally limits the amount of fluid you drink or has you on water pills, ask them how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.\*
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. If you don't have air conditioning, the Elder's Lodge is open to those needing to get out of the heat. Contact number: (450) 632-5499.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day. Do not engage in strenuous activities.
- Rest and hydrate in a cool place after exercise.
- Visit older adults at least twice a day and watch them for signs of heat exhaustion or heat stroke
- Encourage older adults to increase their fluid intake by drinking cool, nonalcoholic beverages. Warning: If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot.

KMHC would like to encourage the community to check in on those who may be vulnerable to extreme heat conditions – that could be an elderly neighbor or athletic friend, grandparent, niece or nephew, etc.

Every one of us plays an important role in keeping the community safe. It's our commitment to caring for one another that sets Kahnawake apart from our neighbors and protects our most vulnerable.

Niawen'kó:wa for your care and attention.

For more information, please contact:

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