



Dear Patients,

We want to thank everyone who attended our first virtual webinar on Climate Change and Managing Heat. If you were unable to attend or wish to view the recording again, please click below to view.

<https://unityhealth.to/areas-of-care/programs-and-clinics/family-and-community-medicine/#st-michaels-hospital-committees-8>

This webinar was the first of three that will focus on climate change and its relationship to our health. Our next session will focus on the **Benefits of Time Spent in Nature**. It will take place on **July 26th from 6:30-7:45 pm**. More details to follow in July.

We are very grateful to our community partners; Toronto Environmental Alliance (TEA) and Community Resilience to Extreme Weather (CREW) for supporting and presenting with us. Please find out more about their organizations and the work they do, as well as other useful tools and resources at their websites listed below:

Toronto Environment Alliance

<https://www.torontoenvironment.org/>

Community Resilience to Extreme Weather

<https://crewresilience.ca/>

Ways to Manage and Prevent Heat Illness

As we have seen and experienced, extreme heat and heat advisories are becoming more common. Heat can have a huge impact on your health and wellbeing. Below are some things to remember to help manage in the heat.

1. Pay attention to extreme heat warnings.
2. Limit the amount of time you spend outdoors.
3. If you don't have access to air conditioning or a cool basement, public buildings such as libraries or cooling shelters offer spaces that can be used to cool down.
4. When outdoor activities are unavoidable, try to schedule them for earlier or later in the day when it's cooler. Take frequent breaks.
5. Drink plenty of water to keep hydrated. Limit alcohol. Drink water before you are thirsty
6. Wearing lightweight and lightly coloured clothing along with a hat and sunscreen reduces your exposure to the sun's rays and allows your body to breathe.
7. Look out for neighbours and people in your community who may need help protecting themselves. Check in and make sure everyone is safe.
8. Check your emergency kit and plan.

For more tips and what to do to manage in the heat, see CREWs community handout below.

What to Include in Your Emergency Preparedness Kit

As mentioned in the webinar, being prepared for an emergency is a great way to help plan ahead. While we hope many will never need to use an emergency kit, having one will help keep you and your loved ones safe, should an emergency arise.

Below are some of the items you will want to include in your kit.

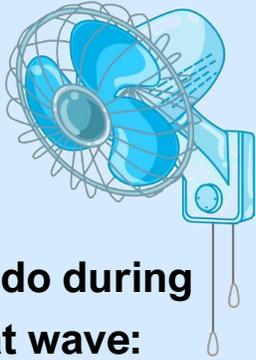
- **Water** (4 litres per person for three days)
- **Food** (non-perishable) and manual can opener if this includes cans
- **Special needs** such as medications, baby needs, extra glasses, etc.
- Important **documents** (i.e. copies of birth and marriage certificates, passports, licenses, wills, land deeds and insurance)
- A copy of your **emergency plan**
- Crank or battery-operated **flashlight**, with extra batteries
- Battery-operated or crank **radio**
- **Extra keys**, for your house and car
- **First aid kit**
- Extra **cash** (ATMs may not be working)
- **Personal hygiene** items
- **Pet food and pet medication**
- **Cell phone** with extra charger or battery pack

The information provided in this webinar and communication is general health information. If you have a chronic medical condition or are wondering whether your medications put you at increased risk of heat-related illness, we encourage you to book a non urgent appointment with your doctor or nurse practitioner.

Thanks again to everyone for attending our first webinar addressing climate change and its impacts on health. We look forward to seeing you in July.

Take Care and Be Well,

The St Michael's Academic Family Health Team Green Team



Things to do during a heat wave:

- Reduce the amount of time you spend in the sun.
- Drink water even if you do not feel thirsty!
- Wear cool, loose, light-coloured clothing.
- Check in with friends, family and pets to see how they are dealing with the heat.
- Use a cool bath or shower to lower your body temperature
- Eat more fruits and vegetables as they have a high water content.

**Do not forget to join
our Seniors' Virtual
CREW meetings!**

**Hosted by CREW and
your fellow Senior
Residents**

How you can join:
Facilitators will call you to
see if you have access to
internet/cell phone/
computer or tablet.

**No one will be left out!
Contact us:**

647.988.3244



Heat waves are not
just unpleasant, they
can also be deadly if
you are not careful.

Here are some
important things you
should know to help
you and loved ones
beat the heat!

**CREW - Community Resilience
to Extreme Weather**

is a project of MakeWay Canada
Initiatives Society, a Canadian Charity

www.crewtoronto.ca

HEALTH RISKS

Your body produces heat, especially during physical activity. Hot air, sun rays, and hot surfaces also heat your body.

Heat illnesses can affect you quickly, and can lead to long-term health problems and even death.

Signs that you are getting too hot!

- * Muscle cramps
- * Heavy sweating
- * Pale and clammy skin
- * Fast heartbeat
- * Nausea and fainting

Heat exhaustion can turn into a heat stroke.!

Call 911 immediately!



EXTREME HEAT

Many places in Canada have a high number of **extreme heat events**, often called "heat waves." Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. It is important to take steps to protect yourself and your family.

How do you know when a heat event is coming?

Listen to weather forecasts. A heat warning is issued when 2 or more consecutive days of daytime temperatures are expected to reach 31°C or warmer and nighttime minimum temperatures are not expected to fall below 20°C OR when the humidex reading will reach 40 or higher for two days.

Did you know?

Over the next 30 years, the number of extremely hot days in a year is expected to more than double in some parts of Canada.

Please remember!

THE SUN IS STRONGEST AROUND 11 AM TO 4 PM

ADDITIONAL RESOURCES :

Public Health Agency of Canada's COVID-19: Canada.ca/coronavirus/Health

Canada's "Extreme Heat: Heat Waves" www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html

