



The Children's Aid Society
OF HAMILTON

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

Parents and caregivers urged to take precautions to protect children during extreme heat

With temperatures continuing to soar above 30 degrees and feeling well into the 40s with humidity, The Children's Aid Society of Hamilton is urging parents and caregivers to take precautions to keep children safe and healthy.

"Parents and caregivers need to be extra vigilant in keeping a close watch on children during extreme heat in order to ensure they do not suffer any negative effects," says Dominic Verticchio, Executive Director of The Children's Aid Society of Hamilton. "A child may not be able to determine if he or she has been exposed to too much heat or sun and parents and caregivers need to be extra cautious to avoid any potential risks of heat-related illness."

Infants and pre-school children are at an increased risk of suffering heat-related illnesses.

To help prevent heat related illness, the Society recommends parents and caregivers should:

- Ensure children are hydrated and drink plenty of water, even if they do not feel thirsty.
- Never leave children (or pets) unattended in closed vehicles. Temperatures in a car can become life threatening within minutes.
- Schedule any physical outdoor activities in the morning and evening hours when it is cooler. It is also a good idea to reduce activity and rest often in shady areas.
- When venturing outside, dress children in lightweight, light-coloured, loose-fitting clothing and be sure children wear a hat or have an umbrella for shade.
- Go to an air-conditioned place. There are many options for entertaining children indoors in air-conditioned facilities on extremely hot days such as public recreation centres, museums, public libraries, indoor playgrounds, etc.

Health Canada advises that extreme heat can impair the body's ability to cool itself and increase the risk of heat-related illnesses. Some direct effects of heat strain or heat stroke include fainting, cramps, exhaustion, nausea, dizziness, confusion, throbbing headache and red, hot and dry skin. If experiencing symptoms of heat exhaustion or other heat-related illness, seek medical attention immediately.

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