

# Heat Warning Information

Government of  
Northwest Territories

## IN THE NORTHWEST TERRITORIES

### WHEN IS A HEAT WARNING ISSUED?

A Heat Warning is issued 18 to 24 hours in advance for a community in the Northwest Territories to help protect health when 2 or more consecutive days of daytime maximum temperatures are expected to reach 29°C or warmer, and nighttime minimum temperatures are expected to be 14°C or warmer.

### WHO DOES EXTREME HEAT AFFECT?

Extreme heat is a health risk that affects **everyone**. Risks are greater for young children, pregnant women, older adults, people with chronic illnesses, those on certain medications and those spending large amounts of time outdoors.

Extreme heat affects the body's ability to regulate its core temperature, which can result in heat-related illnesses. Some heat illnesses, such as heat strokes, can be life-threatening. The symptoms of heat illness include: dizziness/fainting; nausea/vomiting; headaches; rapid breathing and heartbeat; extreme thirst; and decreased urination with unusually dark urine.

### HOW CAN PEOPLE PROTECT THEMSELVES AND OTHERS FROM EXTREME HEAT?



Ask a health professional how medications or health conditions can affect your risk in the heat



Drink plenty of cool liquids, especially water, *before* you feel thirsty to decrease your risk of dehydration



Wear loose-fitting, lightweight clothing and a wide-brimmed hat



Eat cool, light meals



Close windows and curtains during the hottest part of the day



Use air conditioners or fans to cool or circulate air



Schedule outdoor activities for cooler parts of the day



People spending a large amount of time outdoors should take regularly-scheduled breaks in a cool place



Never leave children, impaired adults or pets inside a parked vehicle



Check on family, friends and neighbours who spend much of their time alone or who are likely to be affected by the heat

### WHERE CAN PEOPLE FIND MORE INFORMATION?

To find more information on extreme heat:

<https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>

To find weather conditions and forecasts for your community: [https://weather.gc.ca/forecast/canada/index\\_e.html?id=NT](https://weather.gc.ca/forecast/canada/index_e.html?id=NT)