



PUBLIC SAFETY DIVISION ANNOUNCEMENT

Suggested Media

Instructions:

Please run at your discretion.

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*As per the MCK
Communications Protocol,
all media requests must be
arranged through the Public
Relations / Communications
Unit*

WARNING - EXTREME HEAT ADVISORY

(Kahnawake – 19, Ohiarí:ha/June 2020)

The Public Safety Division of the Mohawk Council of Kahnawake wishes to remind the community that temperatures continue to surpass 30 degrees Celsius (90 degrees Fahrenheit) with humidex readings that could reach the 40s and is expected to continue until early next week.

Kahnawake Shakotiaa'takehnhas Community Services has arranged an air-conditioned facility for elders who do not have access to a cool refuge. [Please click here for details.](#)

If you or someone you know has a swimming pool, up to 8 people can share pool space (chlorine kills the virus), while practicing physical distancing of at least 6 feet apart when not in the pool. Families can also alternate use of the pool if need be. Additionally, sprinklers and shaded areas will help keep cool.

Please keep the following in mind:

- Ensure all family members are aware of the consequences of high heat and humidity.
- Stay hydrated. Drink water even if you don't feel thirsty.
- While maintaining physical distancing, frequently check on the elderly, young and sick as they are more susceptible to suffer from the effects of high heat and humidity.
- Slow down, stay indoors and avoid strenuous exercise during the hottest time of the day
- Take frequent breaks if working outside
- Be aware of the signs of Heat Cramps, Heat Exhaustion and Heat Stroke

SIGNS & SYMPTOMS OF HEAT EXHAUSTION

The victim's skin is hot, red and could be sweating. The body temperature is very high, sometimes as high as 105 degrees. Heat exhaustion could lead to a life-threatening emergency and requires prompt action. Summon professional help. Get the victim into a cool place.

COOL THE VICTIM AS QUICKLY AS POSSIBLE IN ANY MANNER POSSIBLE!

Place the victim into a bathtub of cool water, wrap in wet sheets and place in an air conditioned room (if possible).

If you have any questions or for more information please call the Public Safety Unit at (450) 632-0635. For emergencies call the Peacekeepers at **450-632-6505**.