



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*

Heat Warning in Effect

For immediate release

(Kahnawake – 19, Ohiarikhó:wa/July 2022)

The Public Safety Division of the Mohawk Council of Kahnawà:ke would like to inform the community that a Heat Warning is in effect for our region. Tomorrow (Wednesday), the daytime high is expected to reach 30 °C (86 °F) with humidex values of 40 °C (104 °F). The hot and humid weather is expected to continue throughout the week.

Drinking plenty of water to keep your body hydrated is very important (avoid caffeinated drinks and alcohol as these cause dehydration).

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.
- Frequently check on the elderly, young, and sick as they are more susceptible to suffering 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.

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**.