

KFL&A Public Health Extreme Heat Response Plan

KFL&A Public Health has adopted a series of extreme heat thresholds designed to advise the public, health professionals and community service providers on appropriate measures they can take to reduce the health effects of hot, humid and smoggy weather.

Humidex values represent the effect high humidity and high temperatures have on the human body. The higher the humidex, the harder it is for perspiration to evaporate and cool the body.

Heat related illnesses such as dehydration, heat cramps, heat exhaustion and heat stroke are preventable. Most healthy people can tolerate a short period of hot and humid weather as long as they stay cool and drink plenty of fluids. Those at highest risk of health consequences from a heat related illness include the elderly, infants (less than 1 year), those who have chronic physical and mental illnesses and those on certain medications.

KFL&A Public Health monitors forecasted weather conditions as provided by Environment Canada and Air Quality Ontario. Heat advisories are issued when a hot or humid air mass is forecast and heat related health effects may occur. Upon recognition of the likely potential that a heat threshold will be reached within the next 24 to 48 hours, KFL&A Public Health will activate the extreme heat response plan.

HEAT THRESHOLDS	KFL&A PUBLIC HEALTH RESPONSE
Heat Alert	
<ul style="list-style-type: none"> • Heat or humidex of 36 for 2 consecutive days • No smog alert 	<ul style="list-style-type: none"> • Heat Alert issued through the media, broadcast fax and email to critical community stakeholders (municipalities, healthcare, education and community service providers) • Core Messages: <ul style="list-style-type: none"> - Keep the home cool - Stay out of the heat - Keep the body cool and hydrated - Help others - Know the signs of heat related illness and know what to do • Advise all stakeholders when alert has been lifted
...over	

Kingston
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel: 613-549-1232
1-800-267-7875
Fax: 613-549-7896

Cloyne
P.O. Box 59
14209 Highway 41
Cloyne, ON K0H 1K0
Tel: 613-336-8989
Fax: 613-336-0522

Napanee
41 Dundas Street
Napanee, ON
K7R 1Z5
Tel: 613-354-3357
Fax: 354-6267

Sharbot Lake
P.O. Box 149
1130 Elizabeth Street
Sharbot Lake, ON K0H 2P0
Tel: 613-279-2151
Fax: 613-279-3997

Heat Warning	
<ul style="list-style-type: none"> • Heat or humidex of 40 for 2 consecutive days • No smog alert <p style="text-align: center;">OR</p>	<ul style="list-style-type: none"> • Warning issued as above. • All of above plus; <ul style="list-style-type: none"> -provide further information on how and where to stay cool. • Notify municipalities which may open heat relief centres or extend hours of operation. Advise the public to contact local municipal office for times and locations. • Advise all stakeholders when warning has been lifted.
<ul style="list-style-type: none"> • Heat or humidex of 36 for 2 consecutive days • Smog alert 	
Heat Emergency	
<ul style="list-style-type: none"> • Heat or humidex of 45 for 2 consecutive days • No smog alert <p style="text-align: center;">OR</p>	<p>All of above plus:</p> <ul style="list-style-type: none"> • Emergency alert issued • Consider activation of emergency municipal control groups • Communicate emergency health information to the public and stakeholders. • Inform provincial health officials • Advise all stakeholders when emergency status is lifted
<ul style="list-style-type: none"> • Heat or humidex of 40 for 2 consecutive days • Smog alert <p style="text-align: center;">OR</p>	
<ul style="list-style-type: none"> • Heat or humidex of 36+ <i>AND</i> other contributing factors (power outage) 	

For more information:

Health Information:

KFL&A Public Health
www.kflapublichealth.ca
 613-549-1232

Telehealth
 1-866-797-0000

Where to stay cool or obtain services:

Contact your local municipality or township office.
 City of Kingston – 613-546-0000 or www.cityofkingston.ca
 County of Frontenac – 613-548-9400 or www.frontenacounty.ca
 County of Lennox & Addington – 613-354-4883 or www.lennox-addington.on.ca

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