

Extreme Heat Health Guidelines Information for Schools

General Guidelines

Stay Cool – Stay Hydrated – Watch Closely

1. Establish a policy and plan to deal with extreme heat.
2. Monitor daily weather reports and adjust outdoor activity schedules accordingly.
3. **Children must drink** plenty of fluids. Water is best. Pure, diluted fruit juice is satisfactory.
4. Staff should be aware of the **signs and symptoms** of dehydration, heat cramps, heat exhaustion, and heat stroke. Follow first aid procedures promptly should these conditions occur.
5. When outdoors, stay in the shade of natural or artificial structures, especially when temperatures and UV radiation are most intense.
6. Before allowing children to use playground equipment, check metal and plastic parts. Monitor metal and vinyl parts of wheelchairs to ensure they are not dangerously hot.
7. **When in the sun, cover up.** Children should wear a wide brimmed hat that protects their neck, UV protective sunglasses, sunscreen and light coloured, loose fitting clothing.
8. Staff should be role models for appropriate heat and sun safety behaviours.
9. Apply sunscreen (SPF 15 or higher), ideally 20 to 30 minutes before going outside to ensure absorption.
10. When using DEET insect repellent, apply 20 to 30 minutes after sunscreen has been applied.
11. KFL&A Public Health Extreme Heat Health Alerts and Warnings are issued to local media and school boards and are posted on our website www.kflapublichealth.ca.

During a Heat Alert follow the guidelines above and;

- Activate your policy or plan to deal with extreme heat.
- Limit time spent outdoors unless outdoor shaded area is cooler than indoors. Encourage water play to stay cool.
- Keep children well hydrated. Offer water frequently and encourage them to drink.
- Check children for signs of dehydration and other heat-related illnesses. Follow first aid guidelines.
- Avoid strenuous outdoor activity.

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221 Portsmouth Avenue
Kingston, ON K7M 1V5
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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

- Provide parents with information on staying cool or direct them to the KFL&A Public Health web site at www.kflapublichealth.ca.

During a Heat Warning follow the guidelines above and:

- Further reduce or suspend time spent outdoors, unless outdoor shaded area is cooler than indoors.
- Suspend outdoor sports or strenuous activities.
- Ensure that children spend some time in an air-conditioned space.
- Check children more frequently especially young children (under 4yrs), those who have mobility impairments or have chronic illnesses such as diabetes, asthma or heart conditions for signs of heat-related illness.
- Listen and watch for KFL&A Public Health Extreme Heat Warning Notices on the radio, on the TV or by fax/email to your service agency. Post these notices.
- Advise parents of your plan should the situation progress to a Heat Health Emergency.

During a Heat Emergency follow the above guidelines and;

- Listen and watch for KFL&A Public Health Extreme Heat Health Emergency notices on the radio, on the TV or by fax/email to your service agency.
- Suspend all outdoor activity and keep children in an air-conditioned environment—participation in strenuous outdoor activities during Extreme Heat Health Emergencies is dangerous.

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.frontenaccounty.ca

County of Lennox & Addington – 613-354-4883 or www.lennox-addington.on.ca

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