

Long Term Forecast		Updated: Thursday, June 26, 2014, 12:00 EDT				
	Day	Night				
	Friday June 27	Saturday June 28	Sunday June 29	Monday June 30	Tuesday July 1	Wednesday July 2
<u>Conditions</u> 6am - 6pm						
	Mainly sunny	Variable cloudiness	Mainly sunny	Chance of thunder-showers	Chance of thunder-showers	Light rain
<u>P.O.P.</u>	20 %	30 %	10 %	40 %	70 %	70 %
<u>High</u>	29 °C	31 °C	34 °C	31 °C	29 °C	15 °C
<u>Feels Like</u>	29	36	41	39	35	14
<u>Low</u>	13 °C	19 °C	21 °C	23 °C	20 °C	10 °C
<u>Wind</u>	S 15 km/h	S 15 km/h	S 20 km/h	SW 20 km/h	S 15 km/h	NW 15 km/h
<u>24-Hr Rain</u>	-	less than 1 mm	less than 1 mm	2-4 mm	15-20 mm	close to 5 mm

With the weather forecast for the next few days calling for intense heat in the Moose Factory area it is essential to take some precautions. Please ensure the following:

### Restrict outdoor activity

Residents are encouraged to restrict outdoor activity. It is also recommended that you stay out of the sun and stay in air conditioned places. If you are in the sun, drink lots of water, wear protective clothing or sunscreen.

### Individuals at risk

Elders and young children are particularly at risk, and community members are encouraged to check in on friends and family who they think may be vulnerable as not everyone has air conditioning.

### Be safe in the water

Children and teens will be gravitating towards the water in this hot weather and families are reminded to play it safe near water:

Always keep young children within arms' reach around the water

Never swim alone

Put a life jacket on young children when at the beach

Empty unattended wading pools and buckets of water if not in use

Learn how to protect your health during hot weather conditions:

- People suffer heat-related illnesses when their body temperature rises rapidly and they are unable to properly cool themselves.
- Very high body temperatures may damage the brain or other vital organs.

**Know These Heat Disorder Symptoms:** Source: National Weather Service Internet Weather Source, Current Weather - "Know These Heat Disorder Symptoms"

Heat Disorder	Symptoms	First Aid
<b>Sunburn:</b>  Over exposure of the skin to ultraviolet (UV) rays found in sunlight	<ul style="list-style-type: none"> <li>• Redness and pain</li> <li>• In severe cases, swelling of skin, blisters, fever and headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Leave water blisters intact to speed healing and avoid infection</li> <li>• If breaking occurs, apply dry sterile dressing</li> <li>• Serious cases should be seen by a physician</li> </ul>
<b>Heat Cramps:</b>  A form of muscle cramps brought on by exertion and insufficient salt	<ul style="list-style-type: none"> <li>• Painful muscle spasms, usually in the legs but possible in abdomen</li> <li>• Heavy sweating</li> </ul>	<ul style="list-style-type: none"> <li>• Apply firm pressure on cramping muscles</li> <li>• Massage muscle in spasm gently</li> <li>• Give sips of water</li> <li>• If nausea occurs, discontinue sips of water</li> </ul>
<b>Heat Exhaustion:</b>  Excessive water loss	<ul style="list-style-type: none"> <li>• Heavy sweating, weakness, skin cold, pale and clammy</li> <li>• Pulse thready</li> <li>• Fainting and vomiting</li> <li>• Core temperature usually 38.8 Celsius or higher, but normal temperature possible</li> </ul>	<ul style="list-style-type: none"> <li>• Get person out of sun</li> <li>• Move person to a cooler environment</li> <li>• Lay person down and loosen clothing</li> <li>• Apply cool wet cloths</li> <li>• Give sips of water</li> <li>• If nausea occurs, discontinue sips of water</li> <li>• If vomiting continues, <b>seek immediate medical attention</b></li> </ul>
<b>Heat Stroke or Sunstroke:</b>  Failure of body's heat controlling mechanisms  <b>This is an EMERGENCY!</b>	<ul style="list-style-type: none"> <li>• High body temperature (41 degrees Celsius or higher)</li> <li>• Hot, dry skin</li> <li>• Rapid and strong pulse</li> <li>• Possible unconsciousness</li> <li>• If conscious, mental status could range from: incoherent speech, disoriented, confused, can be aggressive</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Heat stroke is a severe medical emergency</b></li> <li>• Get medical assistance or get the victim to a hospital immediately</li> <li>• Delay can be fatal</li> <li>• If unable to get victim to professional help immediately, do the following:               <ol style="list-style-type: none"> <li>1. Get person out of sun</li> <li>2. Move the person to a cooler environment/air conditioned room</li> <li>3. Remove outer clothing</li> <li>4. Reduce body temperature with lukewarm bath or sponging</li> <li>5. Do not give fluids</li> </ol> </li> </ul>