

Public Health Advisory

High temperatures expected in western Nunavut

August 7, 2024

Kitikmeot Region, Nunavut

The Department of Health advises Kugluktuk and Kugaaruk residents of an upcoming heat wave on August 8 and 9. It is predicted that temperatures may rise in these communities as high as 31 degrees Celsius during this time.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- Elders.
- Infants and young children.
- People with chronic illnesses, such as breathing difficulties, heart conditions, or psychiatric illnesses.
- People who work outside or are out in the heat without shelter.

It is important to watch for symptoms of heat illness, which include:

- Dizziness or fainting.
- Nausea or vomiting.
- Headache.
- Rapid breathing and heartbeat.
- Extreme thirst.
- Decreased urination with unusually dark yellow urine.

If you or anyone you know experiences these symptoms during extreme heat, **immediately** move to a cool place and drink liquids. If symptoms don't improve, call your community health centre. Be sure to check in on neighbours and Elders.

Heat stroke is a medical emergency, but it is preventable by being cautious and taking preventative measures such as drinking plenty of cool liquids (especially water), wearing loose-fitting clothing, avoiding sun exposure, taking cool showers, and closing your curtains.

For more information about protecting yourself from the heat, visit the [Government of Canada website](#).

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