

Public Service Announcement

What Nunavummiut need to know about extreme heat and health

Start Date: July 17, 2026

End Date: August 7, 2026

Nunavut-wide

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The Department of Health, in coordination with the Nunavut Climate Change Secretariat, is advising residents to take precautions during periods of extreme heat, as high temperatures can pose health risks, particularly in a territory not accustomed to warm conditions.

Heat warnings are rare in Nunavut, and our homes, workplaces, and community infrastructure are generally not designed for extended periods of heat.

Heat can affect anyone, and heat-related illness can develop quickly. Knowing the signs can help you recognize when someone may need to cool down, rest, drink water, or get medical help.

Signs of Heat-Related Illness

Heat exhaustion: heavy sweating; cool, clammy skin; a weak pulse; nausea; headache; fatigue; extreme thirst; and dark yellow urine.

Heat stroke: high body temperature; hot, dry skin; a rapid pulse; confusion; and dizziness or fainting.

Heat stroke is a medical emergency. If someone shows signs of heat stroke, call for emergency medical help immediately.

Who Is Most at Risk

- Elders, especially those living alone, infants and young children, pregnant individuals, and people with limited mobility.

- People with chronic illnesses, including heart disease, diabetes, respiratory conditions, or mental health or cognitive conditions.
- Outdoor workers.

Why Hot Weather Is Becoming More Common

Climate change is causing Nunavut to warm three to four times faster than the global average. Periods of extreme heat are becoming more frequent, longer, and more intense, raising the risk of heat-related illness across the territory.

How to Prepare

- Check the forecast and where feasible plan work, travel, and outdoor activities for cooler times of the day.
- Keep your home as cool as possible. Close windows and curtains during peak heat when it is hotter outside than inside and open them when temperatures cool.
- Make sure you have enough drinking water available and keep drinking, even if you do not feel thirsty.
- Prepare for the possibility of power outages by keeping flashlights, batteries, and other basic emergency supplies available.
- Know where you can go to cool down if your home becomes too warm.
- Check in on Elders, neighbours, and others who may need support.

The Government of Nunavut is monitoring conditions and will share updates as needed.

For the latest weather forecasts and alerts, visit www.weather.gc.ca. For more information about heat-related illnesses, contact your local community health centre. To learn more about warming temperatures in Nunavut, visit the [Climate Change Secretariate website](#).

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