

Hot Weather Protocol in NIS

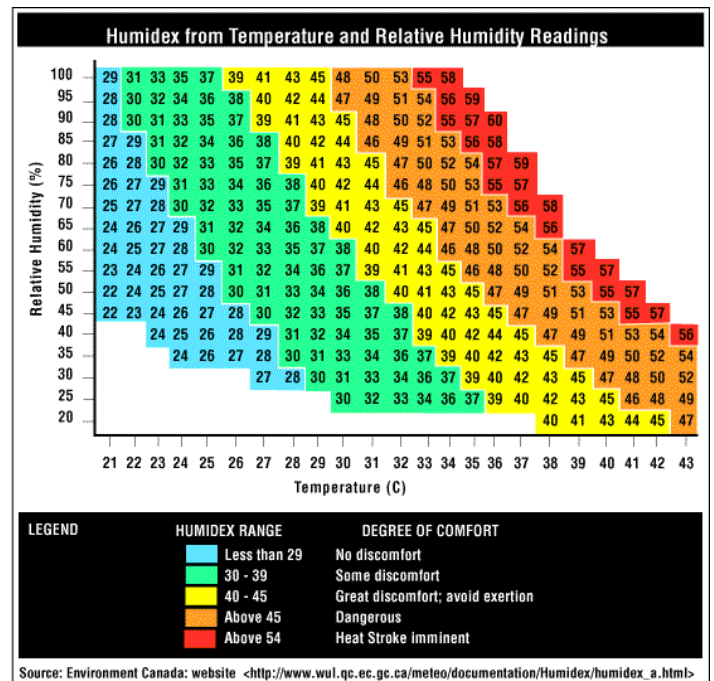
• Heat Index • “Feels Like” • Humidex	PreK/K1	K2	G1-G12
40-45	<ul style="list-style-type: none"> 10 minutes outdoor play in the shade at a time Drink water Encourage hats Encourage sunblock 	<ul style="list-style-type: none"> 15 minutes outdoors at a time Avoid exertion Drink one cup of water every 15 minutes Encourage hats Encourage remaining in shaded areas Encourage sunblock 	<ul style="list-style-type: none"> 20 minutes outdoors at a time Avoid exertion Encourage water every 20 minutes Encourage hats Encourage remaining in shaded areas Encourage sunblock
Above 45	Indoor break	Indoor break	Indoor break

Range of humidex: Degree of comfort

- Less than 29: No discomfort
- 30 to 39: Some discomfort
- 40 to 45: Great discomfort; avoid exertion
- Above 45: Dangerous; Heat stroke possible

Watch for symptoms of heat illness, which include:

- dizziness or fainting;
- nausea or vomiting;
- headache;
- rapid breathing and heart beat;
- extreme thirst; and
- decreased urination with unusually dark yellow urine.



If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids. Water is best.

Sources:

- https://ec.gc.ca/meteo-weather/default.asp?lang=En&n=6C5D4990-1#heat_and_humidity
- https://www.ccohs.ca/oshanswers/phys_agents/humidex.html
- <http://dec.al.gov/documents/attachments/Weatherwatchchart.pdf>
- <http://www.hc-sc.gc.ca/ewh-semt/pubs/climat/heat-chaieur/index-eng.php#appd3>

