



Dealing with Summer Heat Waves

Health Canada says that the number of extreme heat events will be increasing in years to come. With this in mind we need to know how to protect ourselves, our animals and our gardens. This website has lots of tips to help you cope in the heat.

<https://www.canada.ca/en/health-canada/services/sun-safety/extreme-heat-heat-waves.html>

TIPS FOR YOU

The current temperatures we are experiencing early in the season, we haven't adapted yet, meaning that this hot weather affects us even more. Here are some guidelines to help you and your community cope:

- **Monitor community members** most at risk of heat problems, and those with nowhere to retreat to and stay cool (elderly, homeless, young children, people with: chronic illness, work or exercise outdoors, or limited income).
- **Know the symptoms of heat related illness:** Dizziness/fainting, nausea/vomiting, headache, fast breathing and heart beat, signs of dehydration (thirst (dry mouth/sticky saliva) and decreased urine production, changes of behaviour in children (like sleepiness or temper tantrums). Keep the person cool. Call 911 if you are with someone who has a high body temperature and is unconscious, confused or has stopped sweating.
- **Stay hydrated:** Drink lots of water, reduce the amounts of caffeinated drinks which will not help you hydrate, eat high fluid content foods (fruits, veggies) , drink before and after going out into the heat.

DIY sports/ hydration drink

1. ½ to ¾ tsp himalayan or sea salt (has more minerals than table salt)
 2. ¼ tsp baking soda
 3. 7 cups water
 4. ½ cup lemon juice/ orange juice/ or other natural juices, citrus fruits add needed potassium
 5. 2 tbsp lime juice (lemon or lime helps cover up the slightly salty taste)
 6. ¼ cup honey (for additional sweetening, honey also adds more energy and is very good in many ways) or stevia for low sugar options
 7. Store in the refrigerator up to a week.
- **Stay cool.....** stay indoors or in the shade as much as possible, avoid being outside in the heat of the day. Open up windows at night to allow the house to cool, close all windows and curtains during the day to assist in keeping the heat out, use fans, or air conditioning. NEVER LEAVE PEOPLE OR PETS IN A PARKED CAR, FOR ANY LENGTH OF TIME, ESPECIALLY IN DIRECT SUNLIGHT. Shade yourself by wearing a hat, using a sun shade, wear light colored loose fitting breathable clothing, use sunglasses with UVA and UVB protection, and wear sunscreen of SPF 15 or more (doesn't protect from heat but does from the effects of the sun on your skin)

TIPS FOR YOUR GARDEN

Your garden needs help coping in extreme heat; all the hard work that goes into planning, preparing and planting must not go to waste. Here are some ways to protect your garden:

1. **Use a light colored mulch** (straw, dried leaves, dried grass clippings) to cover the soil around your plants, it keeps the soil cooler in summer, and helps retain moisture. (not to mention helps reduce weeding). Black or dark colored bark mulch (usually purchased dyed) absorbs heat, making it harder for many garden shrubs and plants to tolerate extreme heat, the roots only get hotter.
2. **Water thoroughly**
 - a. Best early in the morning, or late evening. Evening watering leaves plants damp overnight increasing risk of disease and invasion by slugs due to the dampness.
 - b. Water deeply. Don't just make the soil look wet. Shallow watering encourages shallow roots on your plants, and they will be more stressed in the heat. Watering thoroughly and less often is much healthier for your plants.
 - c. Water just the plants, don't waste water on walkways. Sprinklers are not efficient at conserving water
3. **Provide shade for your plants**
 - a. Use row cover/ old sheets, etc, suspended above or to the sunny side of your plants. Allow lots of air movement.
 - b. Grow heat sensitive plants to the shady side of taller more tolerant plants. (ie Grow lettuce to the shady side of cabbage.)
 - c. Put transplants out when cooler weather, cloudy days or rain is predicted. If this is not possible, try putting them in the shade of soon to be harvest crops, plant in the evening, or make sure to provide temporary shade while they adapt.
4. **Lawn care**
 1. Lawn care: It really isn't necessary to waste water to keep your lawn green, it will go dormant in dry weather and recover when conditions improve. When mowing, keep the blade high, taller grass will cope better in dry hot weather.
 2. Fertilizing: the roots of lawns, and even garden plants won't absorb nutrients as well in a heat wave, if possible wait for improving conditions.
 3. ***DON'T FORGET TO LEAVE WATER AVAILABLE FOR BIRDS, BEES, AND OTHER WILDLIFE. THEY SUFFER TOO IN THE HEAT***