

Primary Health Care

SW1 Newsletter— Heat and Your Health

For many individuals, warm weather is an opportunity for enjoyable outdoor activities. However, hot weather and outdoor activities don't always go hand in hand, especially during periods of **extreme heat**—when temperatures are significantly higher and/or more humid than usual for a specific location and time of year. Extreme heat can lead to **heat-related illnesses** and, in severe cases, even death. People experience heat-related illnesses when their bodies are unable to cool themselves effectively.



Who is most at risk?

- Older Adults
- Infants and Young Children
- People with Health Issues
- Outdoor Workers and Athletes

It is important for everyone to be aware and take precautions!

Heat Exhaustion:

- High body temperature
- Confusion or trouble thinking
- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating
- Headache
- Fast heartbeat and breathing
- Extreme thirst
- Dark urine or less urination

If you see any of these symptoms in extreme heat, move to a cool place right away and drink fluids, especially water.

Heat Stroke:

- High body temperature
- Confusion or trouble thinking
- Dizziness or fainting
- No sweating, with hot, dry skin



Heat stroke is an emergency! Call 911 or your local emergency number right away.

While waiting for help, cool the person down by:

- Moving them to a cooler area
- Applying cold water to their skin
- Fanning them as much as possible

Public Health Message:

Wildfire smoke contains tiny harmful particles that can deeply affect your lungs, leading to health issues, especially for those with pre-existing conditions. High-risk groups include individuals with asthma, COPD, heart problems, children, pregnant individuals, older adults, and outdoor workers.

To lower your risk from wildfire smoke, you can:

Check Air Quality: Monitor the Air Quality Health Index (AQHI) or Air Quality Index (AQI) and follow the recommendations based on the value. Understanding the AQHI values can be found at Understanding Air Quality Health Index messages - [Canada.ca](https://www.canada.ca) and understanding AQIn values can be found at AQI Basics | [AirNow.gov](https://airnow.gov).

Stay indoors: If you initially planned to go outside for the day, consider postponing until the air quality reaches an acceptable level for you.

Update Your Health Plans: Make sure your health care plans are ready for worsening breathing or heart issues.

Improve Indoor Air Quality: Use air cleaners with HEPA filters to keep the air in your home clean.

Wear Masks When Outside: If you need to go outside, a well-fitted N95 mask can help protect you from smoke inhalation. Regular three-layer masks may give some protection, but bandanas and cloth masks offer minimal benefit.

Stay Cool: Keep windows closed, use air conditioning, or find cooler community spaces during heat and smoke.

By following these steps, you can help protect yourself from the dangers of wildfire smoke.

Our hearts go out to everyone impacted by the devastating wildfires in northern Saskatchewan. We are thinking of all affected during this incredibly difficult time.

Safety Tips:

Stay Updated: Check local weather forecasts and ensure your air conditioner works. If you don't have one, find a cool place on hot days.

Know the Signs: Be aware of *heat exhaustion* and *heat stroke* symptoms.

Look After Others: Check on friends, neighbors, and older family members, especially those with health problems, to ensure they are cool and hydrated.

Stay Hydrated: Drink plenty of fluids, especially water.

Stay Cool: Wear loose clothing, take cool showers, plan outdoor activities for cooler days, and spend time in shaded or air-conditioned areas.

Never Leave Children or Pets Alone in a Parked Car.

By knowing the risks and taking precautions, you can stay safe during the summer heat!



Healthy People, Healthy Saskatchewan

saskhealthauthority.ca



The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

If you have symptoms of **measles** and possible exposure, **call 811**

For everything you need to know about measles in Saskatchewan:

SaskHealthAuthority.ca/Measles



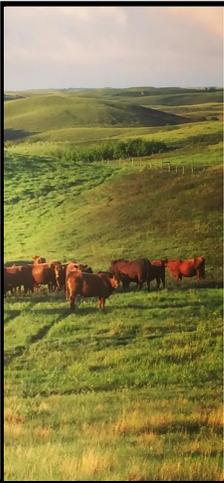
SW1 Public Health Offices:

Kindersley & area.....306-463-1000 ext. 2570

Rosetown & area..... 306-882-2672 ext 2227

Biggar & area.....306-882-2672 ext 2732

Kerrobert & area.....306-834-2646 ext.2815



Farming and ranching is more than just a job; it's a way of life. However, with unpredictable markets, rising costs, and the emotional burden of managing a farm, stress can be overwhelming.

For too long, farmers have faced obstacles in accessing the mental health support they need, including high costs, stigma, and a shortage of professionals who truly understand the agricultural sector.

The National Farmer Wellness Network (NFWN) and the Saskatchewan Farm Stress Line help farmers, farm workers, and their families access support that understands the challenges of agriculture.

76%

of farmers report experiencing moderate or high stress.

45%

of farmers say they wouldn't reach out for help due to stigma.

1 in 4

farmers reported thoughts of self-harm or suicide in the past 12 months.



ccaw.ca 1-866-FARMS01



Farm Stress Line
SASKATCHEWAN
Made Possible by CN

farmstressline.ca 1-800-667-4442

Did you know?

HealthLine 811 also provides mental health and addictions support. HealthLine 811's registered psychiatric nurses and registered social workers can offer crisis support, advice to help you manage your situation and connections to resources in your community.



Kindersley Pacemaker Clinic

The Kindersley and District Health Centre is proud to offer a monthly Pacemaker Clinic in collaboration with the Saskatoon Pacemaker Clinic. This vital service provides local patients with implanted cardiac devices the opportunity to receive follow-up care, monitoring, and adjustments close to home, significantly reducing travel time, stress, and related expenses for both patients and their families.



KLD Foundation Donates New Chairs to Kerrobert Acute Care

Thank you to the Kerrobert, Luseland, Dodsland (KLD) Foundation for their generous donation of four brand-new chairs to the Kerrobert Acute unit. These additions will help improve comfort for both patients and visitors. We are incredibly grateful for the continued support the KLD Foundation provides to our facility and community. Your kindness does not go unnoticed!



COPD Pathway launched in SW1



The COPD Pathway officially launched in SW1 on June 23, 2025, aiming to improve care coordination and outcomes for individuals living with COPD by streamlining referrals, enhancing team communication, and ensuring timely patient support.

Community Exercise Program Expansion

Elrose Uniplex Rink

Tuesdays—1:30-2:30pm

Eston AGT Community Center

Mondays—10:00-11:00am

Kerrobert Prairie Community Center

Thursdays - 9:30-10:30am

Open to all individuals and all levels of fitness. For more information, contact Lao Chua-Lao at (306)430-7479

Breathe Easy Program

Pulmonary Rehab

September 2– October 9, 2025

Tuesdays & Thursdays 1:30pm—3:30pm

Biggar and District Health Center

Offering Pulmonary Rehabilitation to adults and seniors through exercise and education, focusing on chronic lung conditions. Clients learn:

- how to use their medicine properly
- how to cope with feeling such as fear, anger, or stress
- how to make healthy food choices
- why exercise is important

This includes exercise sessions containing:

- a warm-up and stretching
- breathing techniques
- muscle strengthening
- Walking

This program is free of charge.

For more information or to register, please contact

Jocelyn Perlinger,
Exercise Therapist
306-460-9660



Saskatchewan Health Authority