

EXTREME HEAT

Some people are more affected by the heat than others. People who should take extra care are: people over 65, people with multiple health conditions, people who use substances, people on certain medications, people who are pregnant, and infants and young children.



HEAT EXHAUSTION SYMPTOMS

- Skin rash
- Heavy sweating
- Dizziness
- Nausea or vomiting
- Rapid breathing and heartbeat
- Headache
- Difficulty concentrating
- Muscle cramps
- Extreme thirst
- Dark urine and decreased urination

Anyone with these symptoms:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

HEAT STROKE SYMPTOMS

- High body temperature
- Fainting or decreased consciousness
- Confusion
- Lack of coordination
- Very hot and red skin

Anyone with these symptoms: Call 911

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



COOL OFF

- Go to a place with air conditioning, such as a library, community centre, café, or a friend's home.
- Cool off with water. Take a cool shower, sit or put legs in a cool bath, wear a wet shirt, apply damp towels to the skin.
- Don't rely on fans as the only way of cooling your body during extreme heat. Fans cannot lower your body temperature or prevent heat illness in people at risk.

KEEP THE SPACE COOL

- Keep shades and blinds closed during the day. If you don't have air conditioning, close windows to trap cooler air inside and open windows at night to let the cooler air in. Use circulating and exhaust fans to move cooler outdoor air into the space overnight.

CHECK IN

- Notice how you feel and watch for signs of heat illness in those around you. Monitor the indoor temperature.
- Multiple times a day, check in on those at risk for heat-related illness.

DRESS FOR THE HEAT

- Wear loose-fitting, light-coloured, breathable clothing.

HYDRATE

- Drink plenty of water, and offer it to those in your care.

STAY INFORMED & PLAN AHEAD

- Check the weather forecast and heat alert information. Take it easy during the hottest times of the day.



Find out more about heat-related illness, preparing for the heat season, and staying healthy in the heat: www.interiorhealth.ca/heat

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: www.interiorhealth.ca/wildfires

Be prepared for hot weather

As our climate changes, heat waves are becoming more common and more severe. High temperatures can be dangerous to our health. Here are some ways to keep you and your loved ones safe.

Know who is most at risk and set up a support system for them

Those most sensitive to heat may include Elders, people with health conditions, pregnant people, and young children.

Did you know? Extreme heat can be more dangerous than wildfire smoke. If you are too hot inside, go outside to cool down even if there is wildfire smoke.

See the PreparedBC Extreme Heat Guide for more tips:



Know the symptoms of heat-related illness

Heat Exhaustion:

- heavy sweating
- headache
- muscle cramps
- extreme thirst
- dark yellow pee

Heat Stroke:

- high body temperature
- confusion
- dizziness/fainting
- flushed skin

Heat stroke is a medical emergency; call 911.

Decide if you and your loved ones can stay home

If your home stays very hot and you don't have A/C, try to find other, cooler locations such as shaded areas, basements, bodies of water, or air-conditioned buildings like cooling centres, shops, community centres, and libraries.

To find a cooling centre near you, contact your local:

- Friendship Centre
- Band Office
- Métis Chartered Community
- Circle of Indigenous Nations Society (COINS)

