Older adults, infants, young children, people with chronic conditions, and those on certain medications are especially sensitive to the health effects of heat and should take extra care.

**HEAT EXHAUSTION SYMPTOMS**
- Skin Rash
- Heavy Sweating
- Dizziness or Fainting
- Nausea or Vomiting
- Rapid Breathing & Heartbeat

**HEAT STROKE SYMPTOMS**
- Headache
- Difficulty Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine & Decreased Urination
- High Body Temperature
- Dizziness or Fainting
- Confusion
- Lack of Coordination
- Very Hot and Red Skin

Anyone with these symptoms should be moved to a cool space and given plenty of water.

**CALL 911** - Heat stroke is a medical emergency and requires immediate attention.

Spending time in a COOL SPACE and drinking plenty of WATER is the best way to prevent heat-related illnesses.

**DRESS FOR THE HEAT**
- Wear loose-fitting, light-colored, breathable clothing.

**KEEP THE SPACE COOL**
- Keep the building cool using blinds to block the sun, and open windows at night to let cooler air in.

**STAY INFORMED & PLAN AHEAD**
- Reschedule outdoor activities to cooler times of the day and avoid sun exposure.
- Check the latest heat alert information & weather forecast.

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

**CHECK-IN**
- Pay attention to how you feel, and watch for symptoms of heat illness in those around you.

**COOL OFF**
- Take breaks from the heat by spending a few hours in a cool place (e.g. air conditioned community center, tree-shaded area).
- Use water to help cool-off (e.g. cool shower, wet towels).

For more information on the symptoms of heat-related illness, how to prepare for the heat season and stay healthy in the heat: [www.vch.ca/heat](http://www.vch.ca/heat)

During the summer months both heat and wildfire smoke can be a health concern. Find out more about wildfire smoke: [www.vch.ca/wildfiresmoke](http://www.vch.ca/wildfiresmoke)