

EXTREME HEAT

Some people are impacted by the heat more than others. People over 60, people who live alone, people with certain health conditions or disabilities, people who use substances, people on certain medications, people who are pregnant, infants and young children may need extra care.



HEAT EXHAUSTION SYMPTOMS

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

Anyone with these symptoms should be moved to a cool space, given plenty of water to drink, and cooled down with water applied to the skin (see “Cool Off” section below)”

HEAT STROKE SYMPTOMS

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

Seek medical attention, call 911 if necessary. Submerge some or all of the body in cool water, remove clothes and apply wet towels.



Spending time in a COOL SPACE is the best way to prevent heat-related illnesses.



COOL OFF

- Go to a cool space (e.g. community center, library, café, home of a friend or family, sites with air conditioning).
- Use water to cool off. Take a cool shower, sit or put legs in a cool bath, wear a wet shirt, apply damp towels to the skin.
- Fans may not effectively reduce body temperatures or prevent heat-related illness in people at risk. Do not rely on fans as your primary cooling method during an Extreme Heat Emergency.

KEEP THE SPACE COOL

- Keep shades and blinds closed during the day. If you don't have air conditioning, close windows during the day to trap the 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

- Pay attention to how you feel, and watch for symptoms of heat illness in those around you. Monitor indoor temperature. Check-in multiple times a day on others who are at increased risk.

DRESS FOR THE HEAT

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

STAY INFORMED & PLAN AHEAD

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

HYDRATE

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



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

JUNE
2022

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