



Stay safe during EXTREME HEAT

Adapted with permission from BCCDC Harm Reduction Services @TowardtheHeart.

EXTREME HEAT

Keep cool inside and out

Drink plenty of water even when you don't feel thirsty.



Use sunscreen (SPF15 or higher).
Wear light-coloured, loose-fitting clothing. Wear wide brimmed hat.

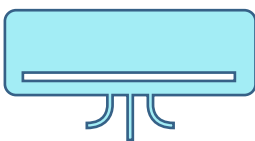
Put cool water on your body:
mist, wet towels, or take a shower, if possible.



Sit in front of a fan.
Fans will not cool you if the temperature is 35°C+

Plan activities for the morning and the evening. If you must be active in the heat:

- take rest breaks
- move to cooler, shaded areas, such as, parks, pools and water parks, if possible



Move to indoor spaces with air conditioning (A/C):

- Designated room in your building
- Cooling centre, library, mall, community centre

Keep your space cool by:

- Opening windows at night and closing them in the morning;
- Covering windows with tin foil, white blinds/curtains/sheets;
- Moving into the shade.



Heat exhaustion

You might feel:

- Dizzy
- Thirsty
- Very sweaty
- Nausea
- Weakness

CAN LEAD TO

Heat stroke

You might feel:

- Confusion
- Loss of consciousness

CAN LEAD TO
DISABILITY OR DEATH

What to do if you get heat exhaustion or heat stroke

- Move to a cooler area
- Loosen clothing and remove layers
- Cool off with water or ice



Heat stroke is a medical emergency! Call 9-1-1 or seek medical attention!

Extreme heat and mental health

Extreme heat for several days can affect mental health.

Get medical care if you have more:

- Irritability
- Psychological distress
- Aggression or violence
- Suicidal thoughts



Don't forget to check on family and friends who may be at risk.