

HEAT SAFETY



A heat wave is when temperatures reach 32 °C (89.6 °F) or higher for 3 or more days. This is a time where everyone, including pets, is at risk for heat-related illness.

Symptoms of heat-related illness include: dizziness, faintness, nausea, vomiting, headache, rapid breathing/heartbeat, dry mouth/sticky saliva.

Consider the tips below to care for yourself and others during a heat wave:



Drink water BEFORE you feel thirsty and avoid drinks that could dehydrate you (like sugary drinks or coffee)



Slow down and avoid activity during the hottest part of the day. If you must go outdoors **protect yourself by wearing sunscreen (SPF 15 or higher), loose-fitting, light-coloured clothing, and a wide-brimmed hat.**



Close blinds and windows. You can even **cover windows with tin foil or cardboard** to block the sun. Stay in the coolest room in your house. If you have air conditioning, use it to keep at least one room cool, or you can **place a tray of ice water in front of a fan** to create a cool breeze. **Prepare meals that don't need to be cooked in your oven.**



Make water fun for kids! You can add fruit juice, or provide fruits and vegetables that have a high water content (such as watermelon or cucumber). Pay close attention to their behavior, as **symptoms of heat illness in children can include changes such as sleepiness or temper tantrums.**



Ensure your pets have access to shade and water and avoid walking your dogs during the hottest time of day. **DO NOT leave a pet in your car for any amount of time.**



Check in on your friends, family, and elders. Are they comfortable, and drinking enough water? **If you can, visit safely following COVID-19 protocols** in order to watch for signs of heat illness you might miss over the phone. **Some medications or illnesses may require special attention during heat waves.** Talk to a doctor if you think extra caution might be required.

Anyone showing signs of heat illness should immediately move to a cooler place and drink water. Call 8-1-1 for free health information

If someone is unconscious, confused, or has stopped sweating, call 9-1-1



For more information on tips and tricks to stay safe during a heat wave check out resources provided at: <https://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness>