

# Be prepared: Extreme heat



Climate change is expected to increase the frequency, intensity, and duration of heat waves.

## Safety tips

Extreme heat can make you sick with heat rash, heat cramps, heat exhaustion & heat stroke.

### Stay hydrated

- Drink water every 15 to 20 minutes even if you aren't thirsty. Drinks containing alcohol and caffeine may cause dehydration and are not recommended.
- Check in with others (including pets/animals) to make sure they are also drinking plenty of cool liquids.

### Stay cool

- Stay indoors to limit sun exposure. Spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station).
- Dress in light-coloured, loose-fitting clothing.
- Take frequent cool showers or baths. If you cannot shower/bath frequently, sponge often with cool wet towels.
- Stay on lower floors if there's no air conditioning and use fans when possible.

### If you are outdoors

- Reschedule or plan outdoor activities during cooler parts of the day.
- Never leave a person or animal in a parked car or in direct sunlight.
- Wear a hat to protect your face, UV-protective eyewear for your eyes, and apply sunscreen (SPF 30 or greater) to prevent skin cancer.

## How to prepare

### Heat-proof your home

Cover windows that receive morning or afternoon sun with drapes, shades or awnings. If possible, open windows at night and create a cross-breeze.

### Stay informed

Check weather reports prior to going outdoors on hot days for the temperature, humidex, UV index, and air quality.

### Prep your emergency kit

Include extra water and seasonal items like sunscreen and sunglasses (with full UVA and UVB protection), or spray bottle misters in your emergency preparedness kit.

### Check on vulnerable people

Check on older family members, neighbours, and friends, especially if they are ill or living with a disability. If you're able, provide supplies to keep them cool and hydrated.

### Find cooling centres

Some municipalities provide cooling stations during extreme heat. Know when to go - especially if you do not have access to air conditioning, be ready to relocate if necessary.

### If you feel dizzy, weak, or overheated

- Move to a cool place.
- Rest by sitting or lying down.
- Drink water.

**If you don't feel better soon, seek help immediately.**

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## Outdoor safety

- Dress in light-coloured, loose-fitted clothing, Wear sunscreen, sunglasses, and a hat that protects your face.
- Drink water frequently (every 15-20 minutes). Avoid alcohol/caffeine.
- Never leave a person or animal in a parked car or in direct sunlight.

## Indoor safety

- Take frequent cool showers or baths, run wrists under cold water.
- Have multiple ways of cooling down in the event of a power outage.
- Stay on lower floors, use air conditioning if possible.
- Use fans and ice packs to help you sleep comfortably.

## Stay cool

- Check local weather and forecasts online.
- Spend the hottest part of the day in air-conditioned public buildings (e.g. mall, library, cooling station).
- Know the signs of heat-related illness. If you feel dizzy, weak, or overheated: sit/lie down in a cool place, drink water, wash your face with cool water. Seek help if you don't feel better soon.