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Extreme Heat – Get Prepared

Although anyone can experience heat stress, the associated health risks are greatest for those over the age of 65, infants and young children, people with chronic conditions such as breathing or heart problems, and for those who work or exercise in the heat. Fortunately, heat-related illnesses are preventable.

How to prepare before an extreme heat event

Find out how to keep cool and stay safe when temperatures rise.

- Prepare your [emergency kits](#). Learn more about what items to put in your kit, including quick and easy steps you can take right away at no cost
- Make a household [emergency plan](#) that considers ways to prepare for extreme heat. Consider the specific needs of all members of your household, including older adults, children, pets, and anyone with additional health needs
- Arrange for regular wellness check-ins or visits in person (or by phone or virtually) several times daily by family, neighbours, or friends
- Many local governments offer relief strategies such as cooling centres, extended pool hours, or transportation services during extreme heat events. Check with your city or municipality to learn more

Where to get information

- Stay connected to weather alert services that share weather warnings, watches, advisories and statements:
 - WeatherCAN app provides [local weather alert notifications](#)
 - Weather information including [public weather alerts across Canada](#)
 - Weatheradio network hosts a listing of [radio weather broadcast frequencies](#) by province or territory
 - Hello Weather provides forecasts, conditions, and other [weather information by telephone](#)
 - Local radio and television broadcasts will help you stay up to date with the latest local weather information

Know the health risks of extreme heat

- Be aware of your personal risk to extreme heat. Ask a health professional, such as a pharmacist, physician, or nurse practitioner how medications or health conditions may make you more susceptible to the heat

- Know the signs and symptoms of heat-related illness and which groups are more at-risk for heat-related illness
- During extreme heat events, people may spend more time outdoors. Be aware of extreme heat combined with humidity, wildfire smoke, and sun exposure
 - Wildfire smoke 101: Combined wildfire smoke and heat
 - UV index and sun safety - Canada.ca

Prepare your home

- If you have an air conditioner, make sure it works properly
- If you do not have an air conditioner, consider other ways to keep your home cool such as blocking the sun by closing awnings, curtains or blinds during the day. Opening windows may be advisable if the temperature outdoors is lower than indoors, while being mindful of any outdoor air quality warnings
- When your home gets too hot, take advantage of public cooling centers or air-conditioned spaces that you can visit during heat events
- If it is safe to do so, leave a couple of windows open at night to take advantage of falling temperatures

During an extreme heat event

It is important to slow down, drink water, and stay cool during an extreme heat event because your body can't function as well in high temperatures. Whether you are indoors or outdoors during extreme heat, you can protect yourself from the health effects of extreme heat.

- Stay in an air-conditioned space or in the shade as much as possible
- Stay hydrated and dress for the weather by wearing lightweight, light-coloured, and loose-fitting clothing
- Pay attention to how you, and those around you feel and watch for signs and symptoms of heat illnesses such as heat exhaustion and heat stroke
- Never leave people (especially children) or pets inside a parked vehicle, even on a moderately hot day
- Check on older adult family members, neighbours, and friends to make sure they are comfortable and safe

After an extreme heat event

Remember that indoor temperatures can remain warm, even after outdoor temperatures cool down. Continue monitoring the temperature of your home and watching for signs and symptoms of heat-related illness in yourself and others. If you experienced a heat-related illness during the heat event, consult with your health care provider to prepare for future heat events.

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<https://www.getprepared.gc.ca/cnt/hzd/xtrm-ht-prp-en.aspx>