The Red Cross recommends watching for symptoms of heat illness such as:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine
- Changes of behaviour

Heat stroke is a medical emergency. Call 911\* if you display:

- Signs of heat illness
- Unconsciousness
- Confusion
- Or have stopped sweating

\*Note: Persons who are Deaf, DeafBlind or Hard of Hearing may text 911 (T911)





# **TEXT 911 INFORMATION**

SCAN QR CODE FOR MORE INFO OR VISIT WEBSITE



https://bit.ly/3qdYgcy





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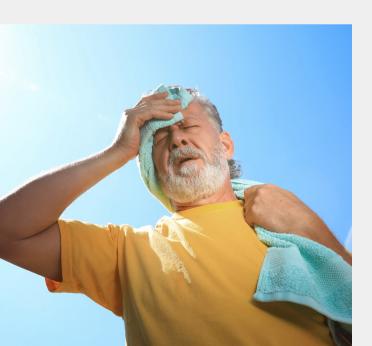




We are living in times of climate change with weather extremes. In the summer, we are facing very hot days. It is important to be prepared and to keep cool

### **BEFORE**

- Follow the news about weather reports for heat warnings.
  - Environment Canada issues a heat warning when daytime temperatures reach or exceed 29°C for two or more consecutive days for Metro Vancouver.
- Make plans to keep cool before hot weather starts.
- Arrange air conditioning and/or fans.
- Check out which public spaces you could go to such as libraries, malls, or community centres.
- Set up a buddy system with a family member or friend to check in during hot weather and plan for how you will keep in contact.



### **DURING**

#### Clothing

- Wear light, loose fitting clothing as this lets air circulate.
- Use a wet shirt or towel to cool down.
- Wear a sun hat.
- Apply sunscreen.

### **Physical Space**

- Spend time in a cool or air conditioned place.
- Stay in the shade when outside.
- Close blinds or drapes during the day.

#### Personal care

- Drink plenty of cool fluids even before you feel thirsty.
- Do not leave home without a water bottle.
- Avoid caffeine and alcohol which can cause dehydration.
- Eat cold foods which contain water such as salads and fruit.
- Splash yourself with cool water.
- Take a cool shower or bath.
- Wear sunglasses to protect your eyes.
- Apply sunscreen often.
- Avoid activities that overheat you.
- Slow down your activities, e.g., walk at a slow pace.

### **AFTER**

- Open windows and blinds to allow fresh air to circulate in your home.
- Check on your 'heat wave' buddy.
- Continue to stay hydrated by drinking water.

## RESOURCES

The BC Seniors Guide (12th edition, 2020) <a href="www.seniorsbc.ca">www.seniorsbc.ca</a>
<a href="https://example.com/Heat-Waves">Heat Waves</a>: Information & Facts of the Canadian Red Cross and their website: <a href="www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/heat-waves">www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/heat-waves</a>

<u>Sun Safety section</u> of the Public Health Agency of Canada website.

