

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>

✉ info@wavefrontcentre.ca

🌐 www.wavefrontcentre.ca

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IT'S HOT - KEEP COOL



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) www.seniorsbc.ca
[Heat Waves: Information & Facts](http://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/heat-waves) of the Canadian Red Cross and their website: www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/heat-waves
[Sun Safety](http://www.healthycanada.ca/sun-safety) section of the Public Health Agency of Canada website.

