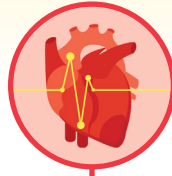


EXTREME HEAT

Older adults, infants, young children, people with chronic conditions, and those on certain medications are especially sensitive to the health effects of heat and should take extra care.



HEAT EXHAUSTION SYMPTOMS

- Skin Rash
- Heavy Sweating
- Dizziness or Fainting
- Nausea or Vomiting
- Rapid Breathing & Heartbeat
- Headache
- Difficulty Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine & Decreased Urination

Anyone with these symptoms should be moved to a cool space and given plenty of water.

HEAT STROKE SYMPTOMS

- High Body Temperature
- Dizziness or Fainting
- Confusion
- Lack of Coordination
- Very Hot and Red Skin

CALL 911 - Heat stroke is a medical emergency and requires immediate attention.



Spending time in a **COOL SPACE** and drinking plenty of **WATER** is the best way to prevent heat-related illnesses.



DRESS FOR THE HEAT

- Wear loose-fitting, light-colored, breathable clothing.

HYDRATE

- Drink plenty of water, and offer it to those in your care.

KEEP THE SPACE COOL

- Keep the building cool using blinds to block the sun, and open windows at night to let cooler air in.

CHECK-IN

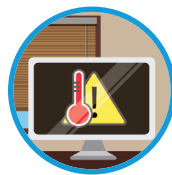
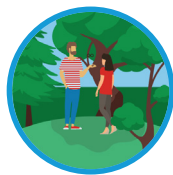
- Pay attention to how you feel, and watch for symptoms of heat illness in those around you.

STAY INFORMED & PLAN AHEAD

- Reschedule outdoor activities to cooler times of the day and avoid sun exposure.
- Check the latest heat alert information & weather forecast.

COOL OFF

- Take breaks from the heat by spending a few hours in a cool place (e.g. air conditioned community center, tree-shaded area).
- Use water to help cool-off (e.g. cool shower, wet towels).



For more information on the symptoms of heat-related illness, how to prepare for the heat season and stay healthy in the heat: fraserhealth.ca/health-topics-a-to-z/sun-safety

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During the summer months both heat and wildfire smoke can be a health concern. Find out more about fraserhealth.ca/health-topics-a-to-z/air-quality