**EXTREME HEAT**

Some people are more affected by the heat than other people. Those who should take extra care: people over 65, people with multiple health conditions, people who use substances, people on certain medicines, people who are pregnant, and young children.

### Signs of Heat Exhaustion
- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat

### Signs of Heat Stroke
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

**Anyone with these signs:**
- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

**Anyone with these signs:** Call 9-1-1
- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.

The best way to prevent a heat-related illness is to spend time in a **cool space**.

**Cool Off**
- Go somewhere with air conditioning such as a library, community centre, café, or someone else’s home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot lower your body temperature or prevent heat illnesses.

**Keep the space cool**
- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don’t have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.

**Check-In**
- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat-related illness.

**Dress for the heat**
- Wear clothing that is loose-fitting, light-colored, and breathable.

**Hydrate**
- Drink plenty of water.
- Offer water often to those in your care.

**Plan ahead Stay informed**
- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.

Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: [fraserhealth.ca/heatsafety](fraserhealth.ca/heatsafety)

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