

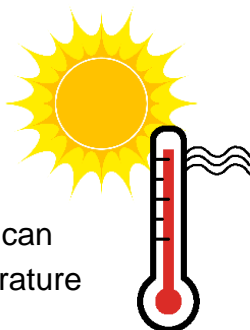
Extreme Heat

Tips for Staying Cool

What is extreme heat?

Extreme heat is when outside or inside temperature is much hotter than normal.

When it is humid and muggy, it can feel even hotter than the temperature on the thermometer.



What is a heat-related illness?

The body normally cools itself by sweating. When it is really hot and/or humid, sweating might not be enough to cool the body.

You can get sick when your body can't cool itself. This is called a heat-related illness.

See Page 2 for the different types of heat-related illnesses.

Who is more likely to get sick?

Extreme heat affects everyone.

Someone is more likely to get sick if they are in one of these groups:

- Babies and children younger than 5 years
- Adults 65 years and older
- People with chronic diseases, especially congestive heart failure
- People working outside

Tips to stay cool

Protect yourself.

- Wear light-colored, loose-fitting clothing.
- Wear a hat.
- Use sunscreen of SPF 15 or higher.
- Plan activities for early morning or late evening, rather than in the hottest part of the day.

Stay in a cool space.

- Turn off lights that generate heat.
- Use fans or air conditioning, if possible.
- Try not to use the stove or oven.
- Move to a cooler part of the building.
- Visit a cool place such as a shopping mall, library, community centre, and movie theatre.

Cool your body.

- Drink before becoming thirsty.
- Drink cool beverages without caffeine or alcohol – these make you lose water.
- Take a cool shower or sponge bath.
- Place a wet cloth around your neck.
- Speak to your doctor if you take medicines that make you lose water like diuretics.

Tips to keep pets cool

- Keep walks short in hot weather. Hot pavement can burn their feet.
- Keep hair groomed short.
- Keep pets in the shade.
- Leave water out at all times.
- Never leave your pet alone in a vehicle.
- Do not force your pet to exercise after eating.

Types of heat related illnesses

Heat Rash

Heat Cramps

Heat Exhaustion

Heat Stroke

Heat Rash

- ☀ Looks like an allergic reaction on your skin
- ☀ Sometimes called “prickly heat”

Signs

- itching, prickly sensation
- red rash

What to do

- Cool down your body.
- Keep your skin dry.
- Wear loose, lightweight clothes.

Heat Cramps

- ☀ Painful muscle spasms
- ☀ Sometimes feel sick (nausea)

Signs

- cramps and twitching in legs or shoulder
- cramping in the stomach
- sweating a lot

What to do

- Rest in a cool place.
- Drink cool liquids such as water and sports drinks.

Heat Exhaustion

- ☀ Not sweating enough to cool your body

Signs

- muscle cramps
- headache, dizziness, lightheaded
- feeling sick and throwing up
- tired all the time, weakness
- fast heartbeat
- trouble breathing

What to do

- Rest in a cool place.
- Place ice packs under your arms, on groin, on the back of your neck.
- Drink cool liquids such as water and sports drinks.

Heat stroke

- ☀ **This is medical emergency!!**
- ☀ Body stops sweating
- ☀ Body temperature goes up

Signs

- confused
- weak
- pass out
- dry, hot skin
- fever over 38.5°C (F)

What to do

- Call 9-1-1.
- Move to a cool place.
- Remove and/or loosen clothing.

To learn more online

[Fraserhealth.ca](https://www.fraserhealth.ca)

[HealthLinkBC](https://www.healthlinkbc.ca)

[Health Canada](https://www.healthcanada.ca)

[WorkSafeBC](https://www.worksafebc.com) for work-related information

[BC SPCA](https://www.bcsPCA.org) for pet-related information

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Thermometer Image by Fraser Health

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #267100 (July 2021)

To order, visit: patienteduc.fraserhealth.ca

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