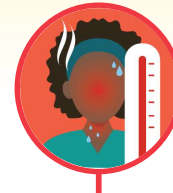


EXTREME HEAT

Some people are more affected by the heat than others. Older adults, infants and young children, those with chronic health conditions, and those taking certain medicines should take extra care.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy or Faint
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- 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.

Signs of Heat Stroke

- High Body Temperature
- Feel Dizzy or Faint
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs: **Call 9-1-1**

*This is a medical emergency!
This person needs medical help right away.*



The best ways to prevent illness related to extreme heat:

- ✓ Spend time in a **cool space**.
- ✓ Drink plenty of **water**.



Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



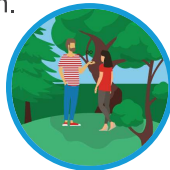
Hydrate

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



Keep the space cool

- Keep the building cool.
- Close blinds to block the sun.
- Open windows at night to let cooler air in.



Check-In

- Notice how you feel.
- Watch for signs of heat illness in those around you.

Plan ahead

- Plan outdoor activities for cooler times of the day so you avoid the heat of the sun.
- Check the latest heat alert information and weather forecast.

Stay informed



Cool Off

- Take breaks from the heat.
- Spend a few hours in a cool place such as a tree-shaded area or an air-conditioned community centre.
- Use water to help cool-off such as wet towels or a cool shower.



Find out more about heat-related illness, preparing for the heat season and staying 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 air quality: fraserhealth.ca/health-topics-a-to-z/air-quality