

Extreme Heat

Who is at a higher risk of heat-related illness?

- Older adults may not compensate for heat stress efficiently, and are therefore less likely to sense and respond to high temperatures.
- People who have underlying health concerns such as heart disease, uncontrolled diabetes, emphysema, kidney failure, colitis, or mental health illness.
- Seniors who live alone and experience social isolation, have limited mobility or access to resources.

The most important thing is to keep cool and hydrated

- Spend time in cool places like shaded areas or air conditioned locations such as public libraries, community centres, or shopping malls
- Drink plenty of cool fluids, especially water
- Circulate air by strategically opening windows/doors and using electric fans or portable air-conditioning units
- Cover your home’s windows with drapes or shades
- Take cool baths or showers regularly
- Check on vulnerable family members and neighbours



HEAT EXHAUSTION

Of concern, requiring immediate cooling. Call 8-1-1 or your health care provider for guidance if you experience any of the following:

- Cold, pale, and clammy skin
- Increased heart rate
- Dizziness and/or faintness
- Heavy sweating and/or skin rash
- Headache and/or nausea
- Muscle cramps and/or swelling of hands and feet
- Fatigue and/or weakness

HEAT STROKE

Severe, requiring immediate medical intervention. Call 9-1-1 if you experience or witness any of the following:

- Hot, red, dry, or damp skin
- High body temperature (40°C or higher)
- Confusion and/or decreased mental alertness
- Vomiting, hallucinations, and/or seizures
- Loss of consciousness

Visit www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness for more information.