

Extreme Heat Safety



REACH

Community Health Centre

Building healthy, sustainable communities since 1969

WHAT IS EXTREME HEAT EMERGENCY?

An Extreme Heat Emergency is when daytime and nighttime temperatures get hotter every day and are well above seasonal norms. Extreme heat may trigger a variety of heat stress conditions such as heat stroke or heat exhaustion. Higher temperatures also contribute to the build-up of harmful air pollutants.

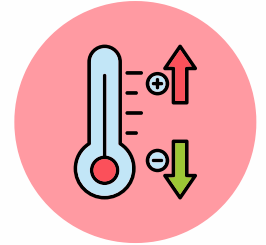
HOW TO AVOID HEAT RELATED ILLNESSES?



Stay hydrated by drinking water



Wear light coloured and loose fitting clothes



Stay in cool, air-conditioned areas

CREATE A BUDDY SYSTEM WITH YOUR FAMILY, FRIENDS, AND NEIGHBOURS!

Check in with your friends and neighbours during extreme heat. remind each other to stay hydrated and find a cool place to go together.

Some community centres and most public library branches have air-conditioned spaces where you can cool down on a hot day. Call **3-1-1** or visit the City of Vancouver website to find your nearest cooling centre.

Call **8-1-1** if you have health-related, non-emergency question about staying safe during extreme heat. Call **9-1-1** if you have an emergency.



HEAT ILLNESS SYMPTOMS AND WHAT TO DO:

HEAT EXHAUSTION

- Moist and warm skin
- Headaches or nausea
- Weakness or dizziness
- normal breathing



What to do:

- Move to a cooler place
- Loosen tight clothing
- drink water or isotonic drinks
- Use cold compresses and ice to cool down



HEAT STROKE

- Dry and hot skin
- Severe headaches
- Altered behaviour such as aggression or confusion
- Rapid and shallow breathing



What to do:

- Call 9-1-1 immediately
- Move to a cooler place
- Do NOT drink anything as fluids may enter the lungs accidentally

Avoid Smoke Inhalation



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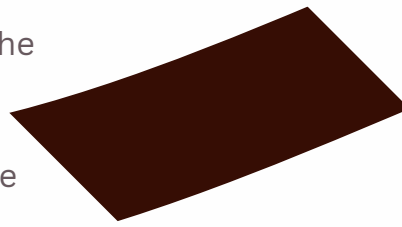
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HOW SMOKE FROM FIRES CAN AFFECT YOUR HEALTH

While not everyone has the same sensitivity to wildfire smoke, it's still a good idea to avoid breathing smoke. And when the smoke is heavy, it's bad for everyone. The biggest health threat from smoke is from fine particles. These microscopic particles can penetrate deep into your lungs.

Smoke particle
(2.5 micrometers)



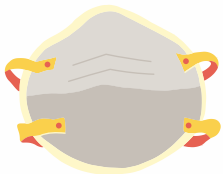
Human hair (50-70 micrometers)

STAY UP TO DATE ON CURRENT WEATHER CONDITIONS AND AIR QUALITY

Download the official WeatherCAN app to stay up to date on weather alerts. The app is available for free in the Google Play and Apple stores.



HOW TO AVOID SMOKE INHALATION DURING WILD FIRE SEASON?



Wear N-95 or P-100 masks that are designed to filter out fine dust particles.



Keep windows closed and stay in cool buildings with air filters.



Avoid smoking, burning candles, or deep frying foods that may add pollutants to the air during wild fire season.



Use a damp cloth or mop to track any settled dust and particles in your home.

SIGNS AND SYMPTOMS OF SMOKE INHALATION



Itchy eyes or vision difficulty



Runny nose



Coughing, wheezing, and hoarseness



Chest tightness



Difficulty or loud breathing



Fainting



Headache



Nausea



Abdominal pain

Everyone who has suffered from smoke inhalation needs to have their "A.B.C's" checked. That is Airway, Breathing, and Circulation. Call your doctor or go to your local emergency department or UPCC for advice.



If you have no signs or symptoms, home observation may be recommended.