

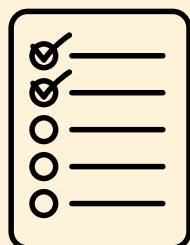
Prepare Together

to beat the heat!

HEAT ALERTS: When are they declared?

Heat Warning	Extreme Heat Emergency
<ul style="list-style-type: none"> Daytime high is above 33°C Nighttime low is above 17°C Lasts for 2 or more consecutive days 	Heat Warning Criteria met AND daily high is forecasted to increase substantively day-over-day for 3 or more consecutive days

Plan ahead



Where will you go to cool down? (mall, place of worship, neighbors, friends, cooling locations)

How will you get there?

Who will come with you to keep you company?

What will you take with you? (snack, book, puzzle, phone, medicines, etc.)

COOLING Locations*

*No Pets allowed - except service animals



Hello Weather – automated telephone service
Call 1-833-794-3556 Abbotsford code : 08081

AT HOME: Tips to keep cool and heathy



Drink water even if you're not thirsty



Avoid tea, coffee, alcohol, sugary drinks



Stock up groceries, medicine and essentials



Do not rely only on fans, they may not lower body temperature during extreme heat



Use misting spray, cooling towels, ice packs (wrapped in a towel) or take cold showers



Close windows during the day from 10am-8pm. Cover with curtains, blinds or cardboard

Heat Exhaustion Symptoms

- Skin rash
- Heavy sweating
- Dizziness
- Headache
- Sickness
- Vomiting
- Rapid breathing
- Rapid heartbeat
- Muscle cramps

What to do

Move to a cooler place and work on reducing your body temperature.

For health advice, call 811

Heat Stroke Symptoms

- Very hot, red skin
- High body temperature
- Drowsy or fainting
- Confused
- Less coordinated

What to do

Call 911 immediately



Remove clothes and cover oneself with wet towels or submerge all or part of body in cool water.



Neighbour-to-Neighbour

- Connect with your neighbours in the hallway, elevators, or strata meetings
- Gather and share information about resources available in your area
- Invite your friends to your home if you have air conditioning
- Go to cooler locations in your building such as the activity room or basement
- Share food, play bingo/trivia, complete a puzzle, or watch a movie together

Together, Be Ready! Be Safe!

In partnership with:



United Way
British Columbia

Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



View more information:
Archway.ca/EHP

References: PreparedBC and Fraser Health