

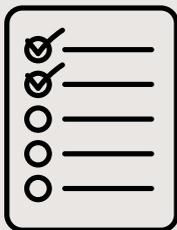
Prepare Together

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 day-over-day for 3 or more consecutive days with average high predicted to reach 36°C or higher

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



Heat Exhaustion Symptoms	Heat Stroke Symptoms
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- Skin rash
- Heavy sweating
- Dizziness
- Headache
- Sickness
- Vomiting
- Rapid breathing
- Rapid heartbeat
- Muscle cramps



- 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.

What to do

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

For health advice, call 811

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



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

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

In partnership with:



View more information:

Archway.ca/EHP



Together, Be Ready! Be Safe!