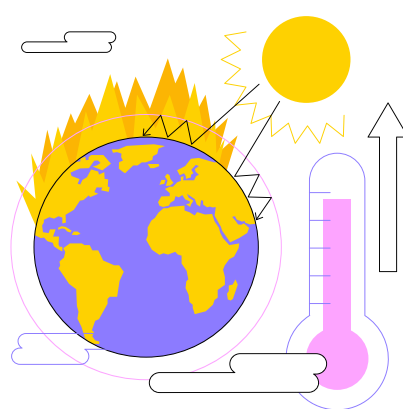


EXTREME HEAT SAFETY

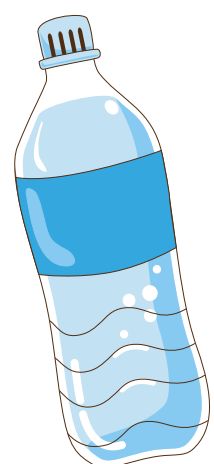
How to Stay Cool During a Heat Emergency

1 What is extreme heat emergency?



An extreme heat emergency occurs when temperatures rise to dangerous levels, potentially leading to heat-related illnesses such as heat exhaustion or heat stroke, which can be harmful and even life-threatening.

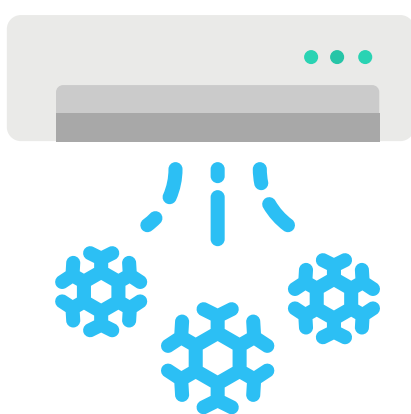
2 How to Stay Cool During Extreme Heat?



Stay hydrated by drinking water



Wear light coloured and loose fitting clothes



Find an air-conditioned spot close by where you can cool off



Take cool showers or baths until you feel refreshed



Use a personal mister or spray bottle

3 Create a Buddy System with your family, friends, and neighbours!



Identify a "heat buddy" emergency contact to check in with during extreme weather conditions. If you don't have one check in with **411 Seniors Centre**.

4 Watch for symptoms of heat illness



Heat Exhaustion

- Moist and warm skin
- Headaches and 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

If you would like to be included in **411 Seniors Centre Society Extreme Heat Emergency Check-In plan**, please contact us via phone, e-mail, or see us in person to register. Space is unlimited within this program.



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