

# Extreme Heat

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

- Older adults may not physiologically 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 introducing 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



<p><b>Of concern, requiring immediate cooling. Call 8-1-1 or your health care provider for guidance if you experience any of the following:</b></p>	<p><b>Severe, requiring immediate medical intervention. Call 9-1-1 if you experience or witness any of the following:</b></p>
<ul style="list-style-type: none"> <li>• Cold, pale, and clammy skin</li> </ul>	<ul style="list-style-type: none"> <li>• Hot, red, dry, or damp skin</li> </ul>
<ul style="list-style-type: none"> <li>• Increased heart rate</li> </ul>	<ul style="list-style-type: none"> <li>• High body temperature (40°C or higher)</li> </ul>
<ul style="list-style-type: none"> <li>• Dizziness and/or faintness</li> </ul>	<ul style="list-style-type: none"> <li>• Confusion and/or decreased mental alertness</li> </ul>
<ul style="list-style-type: none"> <li>• Heavy sweating and/or skin rash</li> </ul>	<ul style="list-style-type: none"> <li>• Vomiting, hallucinations, and/or seizures</li> </ul>
<ul style="list-style-type: none"> <li>• Headache and/or nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of consciousness</li> </ul>
<ul style="list-style-type: none"> <li>• Muscle cramps and/or swelling of hands and feet</li> </ul>	
<ul style="list-style-type: none"> <li>• Fatigue and/or weakness</li> </ul>	

Visit [www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness](http://www.healthlinkbc.ca/healthlinkbc-files/heat-related-illness) for more information.