# Be prepared for hot weather

As our climate changes, heat waves are becoming more common and more severe. High temperatures can be dangerous to our health. Here are some ways to keep you and your loved ones safe.

## Know who is most at risk and set up a support system for them

Those most sensitive to heat may include Elders, people with health conditions, pregnant people, and young children.

**Did you know?** Extreme heat can be more dangerous than wildfire smoke. If you are too hot inside, go outside to cool down even if there is wildfire smoke.

## See the PreparedBC Extreme Heat Guide for more tips:

## Know the symptoms of heat-related illness

**Heat Exhaustion:**

- heavy sweating
- headache
- muscle cramps
- extreme thirst
- dark yellow pee

**Heat Stroke:**

- high body temperature
- confusion
- dizziness/fainting
- flushed skin

**Heat stroke is a medical emergency; call 911.**

## Decide if you and your loved ones can stay home

If your home stays very hot and you don't have A/C, try to find other, cooler locations such as shaded areas, basements, bodies of water, or air-conditioned buildings like cooling centres, shops, community centres, and libraries.

To find a cooling centre near you, contact your local:

- Friendship Centre
- Band Office
- Métis Chartered Community
- Circle of Indigenous Nations Society (COINS)

First Nations Health Authority
Health through wellness

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BC Centre for Disease Control
Provincial Health Services Authority

BCAAFC | BC Association of Aboriginal Friendship Centres

# How to stay safe during extreme heat events

Close windows and curtains during the day and open them at night.

Check on others, especially those who live alone or are most at risk.

Take it easy and avoid intense activities.

Apply ice packs and cool, damp cloths to your wrists and neck.

Seek cooler locations like shaded areas, basements, or air-conditioned buildings.

Drink plenty of water, even when you don't feel thirsty.

Climate change and colonization continue to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

**For emotional and spiritual support, call:**

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

**For medical support call:**

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800
- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number