Stay safe during extreme heat events

As our climate changes, heat waves are becoming more common and more severe. High temperatures can be dangerous to our health. Here are six ways to stay safe.

Stay Cool

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

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

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

Take Care

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

Take it easy and avoid intense activities.

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

See the PreparedBC Extreme Heat Guide for more tips:

Know the signs of heat-related illness

Heat Exhaustion: heavy sweating, headache, muscle cramps, extreme thirst, and dark yellow pee.

Heat Stroke: high body temperature, confusion, dizziness/fainting, and flushed skin.

Heat stroke is a medical emergency; call 911.

First Nations Health Authority
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