

BE PREPARED FOR EXTREME HEAT



Extreme heat

Everyone has some level of risk to the harmful effects of extreme heat. Reduce your risk of serious health issues (even death) by being prepared before a heat wave occurs.

Who's most at risk?



Older adults



Infants and young children



Women who are pregnant



People who work and exercise outdoors



People with reduced mobility



People experiencing homelessness



People who live alone or are socially isolated



People with pre-existing medical conditions and illnesses



People with substance use disorders



People living in high density housing with no indoor cooling

What can you do?

Keep you and your loved ones safe by having a plan and the supplies you need to stay cool, hydrated and informed.

Stay Cool

Indoors: Identify cool zones in your home to stay comfortable and drink plenty of water. At night, open windows and use fans to pull cool air indoors. Before bed take a cool shower and apply a cold towel to your neck.

A digital thermometer in your home can help you monitor the heat. If it becomes too hot, go to an air-conditioned shelter.

Outdoors: Plan activities during the coolest part of the day. Avoid direct sun, seek shade, and wear sunblock, a hat and light coloured loose-fitting clothing. Never leave people or pets alone in closed vehicles.

Stay Hydrated

Drink plenty of water before you feel thirsty, be aware that sugary, caffeinated and alcoholic drinks cause dehydration. Remind others to drink water too.

Be Prepared

When hot weather is in the forecast, make a habit of gathering supplies to keep your household (including your pets) cool and hydrated. Make a personal health emergency plan for those who are most at risk.

[Know the signs of heat illness](#), set up a buddy system to stay connected with neighbours, friends, family, and those who are high risk, to help keep each other safe. Call 9-1-1 if anyone is unconscious or needs medical help.

Stay Informed

Extreme heat can affect air quality and disrupt services like power and water.

Use the [WeatherCan App](#) or [Public Alert website](#) for weather updates and Special Air Quality Statements in your area. You can also subscribe for updates from your utility providers.