

Be prepared: Extreme heat



Climate change is expected to increase the frequency, intensity, and duration of heat waves.

Safety tips:

Extreme heat can make you sick with heat rash, heat cramps, heat exhaustion & heat stroke.

Stay hydrated:

- Drink water every 15 to 20 minutes even if you aren't thirsty. Drinks containing alcohol and caffeine may cause dehydration and are not recommended.
- Check in with others (including pets/animals) to make sure they are also drinking plenty of cool liquids.

Stay cool:

- Stay indoors to limit sun exposure. Spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station).
- Dress in light-coloured, loose-fitting clothing.
- Take frequent cool showers or baths. If you cannot shower/bath frequently, sponge often with cool wet towels.
- Stay on lower floors if there's no air conditioning and use fans when possible.

If you are outdoors:

- Reschedule or plan outdoor activities during cooler parts of the day.
- never leave a person or animal in a parked car or in direct sunlight.
- Wear a hat to protect your face, UV-protective eyewear for your eyes, and apply sunscreen (SPF 30 or greater) to prevent skin cancer.

How to prepare:

Heat-proof your home

Cover windows that receive morning or afternoon sun with drapes, shades or awnings. If possible, open windows at night and create a cross-breeze.

Stay informed

Check weather reports prior to going outdoors on hot days for the temperature, humidex, UV index, and air quality.

Prep your emergency kit

Include extra water and seasonal items like sunscreen and sunglasses (with full UVA and UVB protection), or spray bottle misters in your emergency preparedness kit.

Check on vulnerable people

Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

Find cooling centres

Some municipalities provide cooling stations during extreme heat. Know when to go - especially if you do not have access to air conditioning, be ready to relocate if necessary.

If you feel dizzy, weak, or overheated:

- move to a cool place
- rest by sitting or lying down
- drink water

If you don't feel better soon, seek help immediately.

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Outdoor safety:

- Dress in light-coloured, loose-fitted clothing, Wear sunscreen, sunglasses, and a hat that protects your face.
- Drink water frequently (every 15-20 minutes). Avoid alcohol/caffeine.
- Never leave a person or animal in a parked car or in direct sunlight.

Indoor safety:

- Take frequent cool showers or baths, run wrists under cold water.
- Have multiple ways of cooling down in the event of a power outage.
- Stay on lower floors, use air conditioning if possible.
- use fans and ice packs to help you sleep comfortably.

Stay cool:

- Check local weather and forecasts online.
- Spend the hottest part of the day in air-conditioned public buildings (e.g. mall, library, cooling station).
- Know the signs of heat-related illness. If you feel dizzy, weak, or overheated: sit/lie down in a cool place, drink water, wash your face with cool water. Seek help if you don't feel better soon.