



Tips for Burnaby seniors to prepare for heat

**Are you a senior living
in Burnaby?**



**Call 2-1-1 to register for phone
call check-ins during heat waves**

Use water to cool down



- Drink plenty of water
- Wear wet clothing or damp towels
- Take cool baths or showers
- Place your feet in cool water

**Keep your home cool
and watch its
temperature**



- Keep windows and blinds closed during the day and open them at night
- If your home is over 31°C, go to a building with air conditioning. If you can't, use water to cool down.
- Fans don't cool the air, so don't blow hot air at yourself. It can make you hotter, not cooler.

Check in on family, friends and neighbours



- Check in at least two times per day when it is very hot
- Get someone you know to check on you
- Burnaby seniors can call 2-1-1 to register for phone call check-ins during heat waves

Learn signs of heat sickness



- May include feeling dizzy or confused, less coordination, or hot and red skin
- If you have symptoms of heat sickness, call 9-1-1 or go to the nearest hospital

Visit www.fraserhealth.ca/heatsafety for more tips

This card is part of a Burnaby-based initiative to respond to extreme heat events. The design for this card is brought to you by:

