



# Tips for Burnaby seniors to prepare for heat

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



**Call 236-858-3202 to request phone call check-ins during heat waves.**

**English only, Monday to Friday, 9am - 5pm**

**Use water to cool down**



- Drink plenty of water
- Wear wet clothing or damp towels
- Put an ice pack against your neck
- 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. Use fans to move cool air in from outside.

## Make plans for someone to check on you



- Check-ins should be at least twice a day when it is very hot

## Learn the signs of heat exhaustion vs heat stroke



Heat exhaustion is not as dangerous as heat stroke but can lead to heat stroke. Call 8-1-1 for advice if you have symptoms.

### Heat Exhaustion:

- Feeling sick/throwing up
- Headache/muscle cramps
- Rapid heart beat and breathing
- Skin rash or heavy sweating
- Take action: move to a cool space, drink water, cool skin with water

### Heat Stroke:

- Drowsy/fainting
- Confused
- Take urgent action: Call 911 or take someone to a hospital, bathe in cool water or cover with wet towels until help arrives
- Less coordinated
- Very hot/red skin

Visit [www.fraserhealth.ca/heatsafety](http://www.fraserhealth.ca/heatsafety) for more tips

Part of a Burnaby-based project to respond to extreme heat events.

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