



Heat can be dangerous!

Tips to help seniors prepare for heat

Talk to your family doctor or nurse practitioner about your heat plan

- Some conditions and medications can make heat more dangerous
- Heat is especially risky for seniors



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 you know 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:

- Dizzy/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



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

www.burnabypcn.ca/heat-safety-for-seniors

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