



# 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

### Make plans for someone you know to check on you



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

### 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.

### 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

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

For more tips, visit [fraserhealth.ca/heatsafety](https://fraserhealth.ca/heatsafety)

