

## HEAT EVENTS – NEIGHBOUR HEALTH CHECK TIPS

### BACKGROUND

Emergency Management BC, Environment and Climate Change Canada, and BC Public Health have created a heat alert and response system (HARS) for the province and are leading coordination efforts. Under the BC HARS protocol, Kamloops falls under a “southeast” region of the province. The criteria for a heat warning (alert level one) to be issued in our region is a 35-18-35 forecast, which means a daytime high greater than or equal to 35 degrees Celsius and overnight low greater than or equal to 18 degrees Celsius forecast for two consecutive days.

The City will activate a heat alert response protocol when a heat warning for the Kamloops area is issued by Environment and Climate Change Canada. This will include activating indoor and outdoor cooling spaces, promoting neighbour health checks, and continuing to provide education and resources. The City’s heat alert response protocol and a list of helpful resources can be found at [Kamloops.ca/Heat](https://kamloops.ca/Heat).

### NEIGHBOUR HEALTH CHECKS

Although all residents of Kamloops will benefit from understanding the risks of heat, there are many residents that may benefit from a health and wellness check-in. Residents are encouraged to check in on others including family, friends, tenants, or neighbours who may have heat sensitivity or vulnerability.

#### Individuals at Risk

- seniors aged 65 years or older
- infants and young children
- people with pre-existing health conditions such as diabetes, heart disease or respiratory disease
- people with mental illness such as schizophrenia, depression, or anxiety
- people who are pregnant
- people with limited mobility
- people who live alone
- people who are marginally housed
- people who work in hot environments
- people with substance use disorders

**Source:** [Prepared BC: Household Preparedness Guide \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/safety/preparedness)

## SIGNS & SYMPTOMS

Heat-related illness occurs when the body overheats. It is caused by prolonged exposure to high temperatures and can be made worse by high humidity.

### Heat Stroke

Are you aware of the signs and symptoms of heat stroke?

- body temperature over 39°C (102°F)
- fainting or drowsiness
- confusion
- lack of coordination
- very hot and red skin

HEAT STROKE IS A MEDICAL EMERGENCY! Seek medical attention immediately at an emergency room or urgent care centre. Call 911 if necessary. While waiting for help, cool the individual right away by moving them to a cool place if you can and applying cold water to large areas of the skin.

### Heat Exhaustion

Are you aware of the signs and symptoms of heat exhaustion?

- heavy sweating
- dizziness
- nausea or vomiting
- rapid breathing and heartbeat
- headache
- difficulty concentrating
- muscle cramps
- extreme thirst
- new skin rash
- dark urine and decreased urination
- body temperature over 38°C (100°F)

If the individual shows these signs and symptoms, move them to a cooler location (if possible), give them water, and suggest ways to cool their body such as a cool bath or shower, wetting their clothes, or applying cool water to the skin. These are ways to try to prevent them from developing heat stroke, which is a medical emergency.

**Source:** [National Collaborating Centre for Environmental Health Extreme Heat Health Checklist](#)

## WEB LINKS

- City of Kamloops - [Kamloops.ca/Heat](http://Kamloops.ca/Heat)
- Prepared BC- [PreparedBC.ca](http://PreparedBC.ca)
- Environment and Climate Change Canada - [Canada.ca/Weather](http://Canada.ca/Weather)
- Interior Health- [InteriorHealth.ca](http://InteriorHealth.ca)