

GOOD NEIGHBOURS

HEAT RESPONSE

This information is meant to help support neighbours and the concerned public in checking in on people in their community who are vulnerable to heat.



Did You Know?

A heat warning is issued when temperatures are above 35°C during the day and 18°C at night for two or more days in a row. An extreme heat emergency is declared when a heat warning lasts for at least three days and temperatures keep getting hotter each day.

TIP 1: Identify Individuals at Risk



Socially Isolated and Insecurely Housed People



Older Adults



People with Chronic Health Conditions



People with Disabilities



Pregnant People



Infants and Young Children



People with Low Income



Outdoor Workers

TIP 2: Know the Signs

SIGNS OF HEAT EXHAUSTION:

- skin rash
- heavy sweating
- dizziness
- nausea or vomiting
- headache
- rapid breathing and heartbeat
- difficulty concentrating
- muscle cramps
- extreme thirst

ACTION:

Move to a cool space, drink plenty of water, and cool down by applying water to the skin.

SIGNS OF HEAT STROKE:

- high body temperature
- fainting or decreased level of consciousness
- confusion
- lack of coordination
- very hot and red skin

ACTION:

Seek medical attention and call 911 if necessary. Submerge some or all of the body in cool water, remove clothes, and apply wet towels.



Be aware of the signs and symptoms of heat distress and call for help when needed. If signs of heat stroke are present, call 911 or seek medical attention.



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TIP 3: Perform Check-ins

When a heat warning has been issued, it is a good idea to check in on your neighbours who may be at an increased risk of extreme heat. Checking in with someone during a heat wave can save lives.

A heat check-in can be a visit, call, or text message to assess the heat-related safety of the home and person and ask if they need help. Anyone can do a heat check-in, and health training is not required.

Visit [Kamloops.ca/Heat](https://kamloops.ca/Heat) for valuable resources and guides on how to perform effective check-ins.



Additional Ways to Offer Help

WAYS TO COOL DOWN:

- ✓ Have them take a cold shower or sit in a cool water bath.
- ✓ Have them mist with cold water, use a cool wet cloth, or wear cool, damp clothing
- ✓ Have them keep their home under 26°C.
- ✓ Have them open windows at night to let in cool air, and keep them closed during the day to block out the heat.
- ✓ Ensure they drink water, even if they do not feel thirsty.
- ✓ Help them find a cooler space, even overnight, as homes tend to hold heat, even after the outside air has cooled.

Did You Know?

Fans do not effectively cool down the body when blowing hot air. Using cool water is a more effective way to lower body temperature (e.g. a cool shower, misting, submerging limbs in cool water).



PLACES TO COOL DOWN:

- community centres (such as the Kamloops Seniors Community Centre, 730 Cottonwood Avenue, Monday–Friday, 9:00 am–3:00 pm)
- local libraries, shopping mall, public building, or church
- the home of a friend or family member with a basement and/or air conditioning
- shaded parks, pools, and recreation centres

Did You Know?

The City offers free skating and seniors drop-in programs during heat events. To access City public swimming **FREE OF CHARGE**, request a Heat Response Pass from one of the following agencies:

- **BGC Kamloops** 150 Wood Street, 250-554-5437
- **Centre for Seniors Information** 25-700 Tranquille Road, 250-554-4145
- **Interior Community Services** 480 Seymour Street, 250-374-7435
- **Kamloops Aboriginal Friendship Society** 125 Palm Street, 250-376-1296
- **Kamloops Food Bank** 171 Wilson Street, 250-376-2252
- **Kamloops Immigrant Services** 448 Tranquille Road, 778-470-6101
- **Mount Paul Community Food Centre** 140 Laburnum Street, 236-421-1011
- **The Mustard Seed** 181 Victoria St W 1-833-448-4673
- **The Salvation Army** 344 Poplar St 250-554-1611



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For more information, visit [Kamloops.ca/Heat](https://kamloops.ca/Heat).