

HEAT RESPONSE

This information is meant to help seniors stay safe in periods of extreme heat in our community. As we age, our bodies may not cool down as easily, making us more 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.

People at Risk Due to Extreme Heat



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

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

SIGNS OF HEAT STROKE:

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

ACTION:

Move to a cool space, drink plenty of water, and cool down by applying water to the 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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Ways to Prepare

- ✓ Download the WeatherCAN app to receive alerts and notifications.
- ✓ Take time to learn where the cool spaces in the community are so you know where to go if you need a break from the heat.
- ✓ Stock up on food and medicines, and freeze water bottles so you do not have to go out in the heat.
- ✓ If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendation.
- ✓ If you live alone, buddy up! Reach out to a friend, family member, or neighbour and ask to be checked in on during the day.
- ✓ Be aware of the signs and symptoms of heat distress and call for help when needed. Don't wait!

WAYS TO STAY COOL:

- ✓ Open windows at night to let in cool air, and keep them closed during the day to block out the heat.
- ✓ Drink more water, even when you do not feel thirsty.
- ✓ Have a spray bottle in your home to mist yourself or use a cool wet cloth.
- ✓ Turn on air conditioning and/or heat pumps to keep your home under 26°C (80°F). Ensure you have a thermometer in your home to monitor the indoor temperature.
 - If your home gets too hot, leave and find a cooler place to spend time.
 - If you are unable to cool your home, consider staying with friends or family during extreme heat events.

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

If you're in need of transportation support to access a place to cool down, contact Memories in Motion at 250-376-7878 ext-1.



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.