

## 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).



#### Did You Know?

Beginning in 2026, the Downtown Y at 400 Battle Street will also be offering free public swims during Heat Alerts. No passes are required. For their public swim schedule, visit [ymcabc.ca](https://ymcabc.ca).



### 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).