

# BEAT THE HEAT

BE PREPARED FOR EXTREME HEAT EVENTS

## WHO IS AT RISK?

- Older adults, especially those 60 and older
- People with schizophrenia, dementia, depression, anxiety disorder
- People who live alone
- People with pre-existing health conditions
- People with limited mobility
- People who live in low-cost housing or marginalized housing
- Pregnant women
- Infants and young children

## ENVIRONMENTAL RISK FACTORS

- Dwellings with no mechanical cooling system, such as air conditioning or a heat pump
- Higher floors of buildings
- West- or south-facing windows
- Large-sized windows
- Windows without shades or coverings
- Areas of the dwelling without a cross-breeze
- In the neighborhood: a lack of trees and/or green spaces



# HEAT EXHAUSTION VS HEAT STROKE

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## SIGNS AND SYMPTOMS OF HEAT EXHAUSTION:

- Heavy sweating
- Dizziness
- Nausea and vomiting
- Rapid breathing and heartbeat
- Headache
- Difficulty in concentrating
- Muscle cramps
- Excessive thirst
- New skin rash
- Dark urine and/or decreased urination
- Body temperature of 38°C (100.4°F)

In these situations, move the person to cooler spaces (libraries, public spaces, recreation centers or community centers), take a cool shower or apply cold water to your skin.

## SIGNS AND SYMPTOMS OF HEAT STROKE:

- Body temperature over 38°C
- Fainting
- Drowsiness
- Confusion
- Lack of coordination
- Very hot and red skin

**Heat Stroke is a medical emergency: call 911.** While waiting for paramedics to arrive, if you have someone with you, move the patient to a cooler space, or apply cold water to large areas of the skin.



# WHAT YOU CAN DO

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- Use an air conditioning unit – during a wildfire smoke event, set your air conditioning unit in a re-circulate (not intake) mode
- Fans are far less effective: when pointed directly at a person, it only gives the perception of cooling; they aren't designed to be a direct cooling mechanism at high temperature
- Have a thermometer at hand, to monitor your body temperature
- Wear hats or extra-light clothing during hot days
- Cold wet towels can be applied to the skin to lower body temperature
- Do not open any window coverings such as blinds. You can also use cardboard or dark fabric in your windows; foil is effective, too – with the foil facing outside to reflect the sun.
- Stay hydrated – increase your daily intake of cool/cold water