# Extreme Heat



Our region is expected to experience more frequent extreme heat events. Learn about the potential impacts and how to prepare and stay safe.

### **Keep Vulnerable People Safe**

Certain groups are at greater risk of health impacts during extreme heat. People in these groups may be particularly vulnerable if they live alone or lack access to air conditioning or other ways to stay cool. Please check on your friends, family and neighbours who may be vulnerable.

You can now borrow a Heat Health Check Kit from Victoria libraries and community centres. Each kit includes a thermometer, spray bottle, electrolytes and more.







socially isolated

**Severe Heat-Related Illness** 

People living alone or



People with medical conditions and/or medications

#### Mild to Moderate Heat-Related Illness

# Symptoms

Skin rash

Dark urine and increased urination

Headache

Extreme thirst

Heavy sweating

Rapid breathing and heartbeat

Muscle cramps

Confusion

Dizziness or fainting

High body temperature

Flushed skin with no sweating

What to Do

If these symptoms develop, move to a cooler space, drink plenty of water and use water to cool your body—wear a wet shirt or apply damp towels to your skin. Visit HealthLinkBC for more information on heat-related illness.

#### This is a medical emergency, call 911.

While waiting for help, move the person to a cool place right away and apply cold water to large areas of the skin, if possible.

## **Prepare and Stay Informed**



Subscribe to Vic-Alert to receive emergency notifications, including extreme weather hazards at victoria.ca/VicAlert



Identify the coolest place in your home for sleeping. Close blinds, curtains and windows during the hottest part of the day and open them in the evening to let cooler air in.

#### **Places to Cool Down**



If you are unable to stay cool at home, identify places in your community with air conditioning, such as a friend's house, a mall or library.

Never rely on fans as the only way to cool your body during extreme heat.

See the reverse for a map of cooling resources. For more tips on how to stay cool, visit victoria.ca/ExtremeHeat

#### **Provincial Heat Alert Response System**



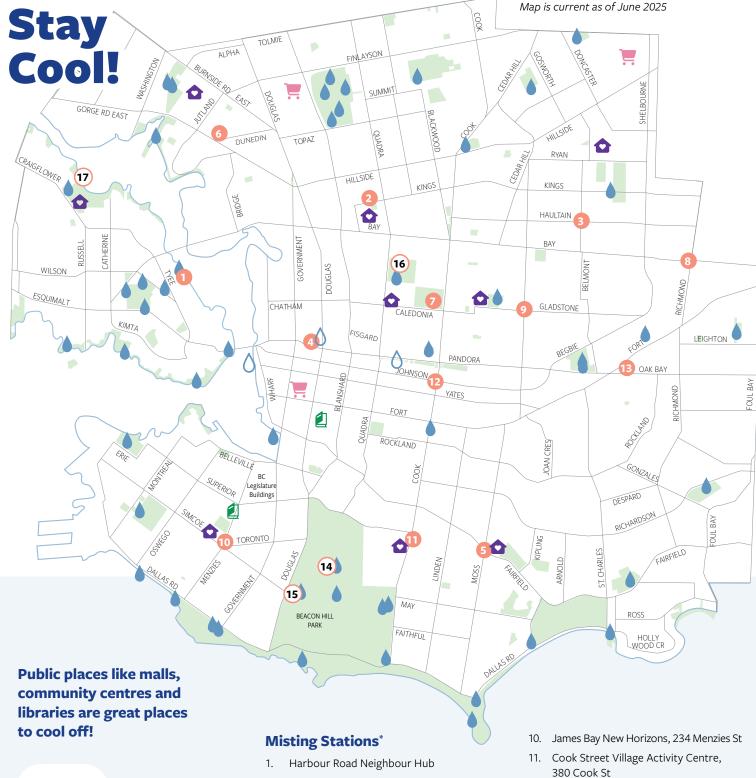
LEVEL 1: **Heat Warning** 

Forecast of daily high of 29°C and minimum overnight low of 16°C for at least two days.



#### **LEVEL 2: Extreme Heat Emergency**

Forecast meets the Heat Warning criteria, with temperatures continuing to increase over three days.



#### Legend

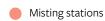
Libraries



Malls



Community centres



- Other community assets
- Water fountains (permanent)
- Water fountains (portable)

- Wark Street Park Neighbour Hub 2.
- Corner of Belmont/Haultain St 3.
- Centennial Square 4.
- 5. Corner of Fairfield Rd/Moss St
- Corner of Gorge Rd E/Dunedin St 6.
- 7. Corner of Cook St/Caledonia Ave
- Corner of Bay St/Richmond Ave 8.
- Fernwood Square
- \*Misting stations and portable water fountains will be available for use throughout the summer.

- 12. Victoria Fire Department Headquarters, 1025 Johnson St
- 13. Corner of Oak Bay Ave/Morrison St

#### **Other Community Assets**

- 14. Beacon Hill Park Splash Pad, North playground via Bridge Way
- 15. Beacon Hill Park Watering Can, Circle Drive at Douglas St
- 16. Crystal Pool, 2275 Quadra St
- 17. Swimming dock at Banfield Park