



# PREPARING FOR EXTREME HEAT EVENTS

## Lower-Cost Solutions for Renters & Homeowners

### EXTREME HEAT IS A “SILENT KILLER” — BUT DEATH IS PREVENTABLE

Extreme heat is a serious and growing problem for everyone. In the future our region may see 3 to 4 times the number of hot days above 30°C (86°F). The heat can put people at risk of heat-related illnesses and death.

Heat-related illnesses and deaths are preventable by preparing for them. **Everyone can take steps to reduce their risks from extreme heat and help others more vulnerable than themselves.**

### PREPARING FOR EXTREME HEAT EVENTS



**Make a plan with neighbours, friends, and family**



Stock up on **food, water, and medication**, so you do not have to go out in the heat. If you are taking medication or have a health condition, ask your doctor, nurse practitioner, or pharmacist if it increases your health risk during times of extreme heat, and follow their recommendations.



See pages 2 and 3 for tips on staying cool at home



**Watch for information updates**

Download the “WeatherCAN” app free from Google Play/Apple’s App Store.



Alerts will be sent to your phone.



**Learn the signs and symptoms of heat-related illnesses**

Health risks increase if indoor temperatures are above 26°C (79°F). It is not safe to stay home if temperatures are above 31°C (87.8°F). Consider going somewhere cooler.

Act right away if someone has signs or symptoms of heat-related illnesses (listed on page 4).



# HOW TO KEEP COOL AT HOME WITHOUT AN AIR CONDITIONER

## NO COST



### Reduce Daytime Indoor Heat

Close window(s), curtains or blinds to block the sun and heat.

If you are in a poorly insulated house, closing windows could make it hotter. If you need to open a window, try using a fan to blow warm air out of your house instead of drawing hot air in.



### Cool Home At Night

Open window(s) at night to allow cool air inside.

Put a fan by the window facing in to blow air into the house when the temperature is cooler outside.

Use fans (including kitchen & exhaust fans) to circulate cool air.



### Use Your Fans Wisely

Set your ceiling fans to rotate counterclockwise and place a bowl/tray of ice in front of a fan.

Do not use a fan when the indoor air temperature is over 35°C (95°F). When indoor air temperatures are hotter than your body temperature, using a fan can be more harmful than helpful.



### Check With Your Neighbours, Family, Friends and Others

If you live alone, find a heat-buddy to check on you. Use the heat health check-in tool multiple times a day, especially with homebound individuals or people who live alone.



### Minimize Indoor Heat Production

Turn off unused appliances.

Cook food in a microwave rather than oven.

Dry clothes on a patio or a small drying rack.



### Cool Your Body

Wear cool, loose clothing.

Place cool, wet towels or cooling/ice packs on your neck and wrists.

Sit in or put legs in a cool (not cold) bath.

Take a cool shower to draw heat from your body.



## LOW COST



### Stay Hydrated

Drink water often.

Drink before you feel thirsty. Thirst is not the only sign of dehydration.

Avoid or limit alcohol and caffeine as they can lead to dehydration.



### Have Light Meals

Have cold meals and drinks. Avoid using the oven and eating heavy meals, as they take more energy to breakdown.



### Try Simple DIY'S

Fill a small plastic spray bottle with cold water to create your own mister.

Fill a bucket/basin with cold water and dip your feet in to help cool your body temperature.

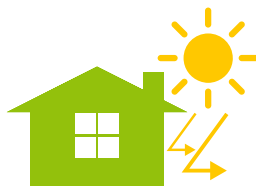
Spray bottles, buckets, and basins can all be purchased at a discount store.

## MEDIUM COST



### Get Two Fans To Create Cross Ventilation

Open a window on one side of the room and place a box fan in it, facing out. On the room's opposite end, open a window and install the second fan in it, facing in. One fan actively pulls in fresh air while the other fan draws out the stale, warm air already in the room.



### Add Temperature Shading Structures

Sun-blocking curtains, blinds, awnings, and light-coloured furniture/walls reduce the sun's effect on interior temperatures and the amount of energy required to cool a room. They also help lower monthly electricity bills.



### Grow Indoor Plants

Indoor plants offer an environmentally and cost-friendly alternative.

The right house plants can keep your house cool because they release moisture, which cools the air around the plants while leaving it purified and fresh.

# HEAT RELATED ILLNESSES (HRI)

Heat illnesses can quickly change from Mild to Severe

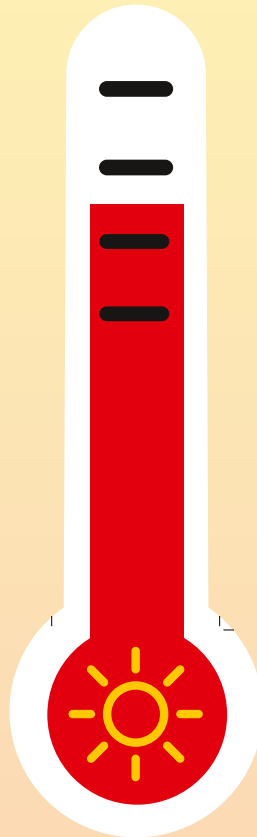
## MILD TO MODERATE HRI

### SIGNS/ SYMPTOMS

- Feeling unwell
- Warm, sweaty skin
- Nausea or vomiting
- Headache, dizziness or weakness
- Heat rash or cramps
- Increasing or rapid heart rate
- Body temperature higher than 38°C (100°F)

### WHAT TO DO

- Move to a cool place
- Remove extra clothing
- Place cool, wet towels or ice packs around the body
- Take a cool bath
- Sip water
- Turn on air conditioner
- Open windows in different areas to create a cross breeze
- If the indoor temperature is below 35°C (95°F) turn on a fan
- **Call 911 if symptoms continue or get worse**



## SEVERE HRI

### SIGNS/ SYMPTOMS

- Fainting or loss of consciousness
- Hot flushed skin or very pale skin
- Unusual confusion or disorientation
- Difficulty speaking
- Not sweating
- Severe nausea and vomiting
- Fast breathing and heart rate
- Body temperature higher than 39°C (102°F)

### WHAT TO DO

- **CALL 911 right away**
- Stay with the person until help comes
- Move to a cooler area if able
- Remove extra clothing
- Place cool, wet towels or ice packs around the body
- **DO NOT give the person anything to drink**

## RESOURCES

For additional resources, please visit [LakelandsPH.ca/Heat](http://LakelandsPH.ca/Heat)