

WHEN ARE HEAT ALERTS DECLARED?

In Southwest BC, heat alerts have two stages:

 Heat Warning	29+°C days 16+°C nights For 2 days or more
 Extreme Heat Emergency	Increasing daily high temperatures significantly above seasonal norms for three days or more

Heat Stroke

Fainting or decreased consciousness, confusion

High body temperature

Lack of coordination

Very hot and red skin

CALL 911 OR SEEK MEDICAL ATTENTION IMMEDIATELY.

Submerge some or all of the body in cool water, remove clothes and apply wet towels.

WHO IS AT HIGHEST RISK?

Anyone can suffer from heat illness, but heat-vulnerable groups include:



People over 50

Ability to sense and adapt to heat decreases with age



People who live alone

Heat illness is often not noticed by those who have it



People with pre-existing health conditions

May include diabetes, heart or respiratory disease, schizophrenia, pregnancy, limited mobility, depression, anxiety, substance use disorders (including alcohol)



People with limited mobility

Less able to access cool spaces



Infants and toddlers

Depend on adults to keep them cool and hydrated



People who overexert during work or exercise

Especially outdoors

BEAT THE HEAT

Stay cool and safe during extreme heat events

NS EM NORTH SHORE EMERGENCY MANAGEMENT

nsem.ca/extremeheat



DISTRICT OF NORTH VANCOUVER

city of north vancouver

west vancouver

NS EM
NORTH SHORE EMERGENCY MANAGEMENT

WHAT'S AN EXTREME HEAT EVENT?

Extreme heat events (or “heat waves”) are May to September health emergencies involving high temperatures and sometimes humidity.

Heat is the leading cause of weather-related death in Canada. The more protective measures you take, the safer you will be. This is especially important if you have multiple risk factors.

HEAT ILLNESS HAS TWO STAGES

KNOW THE SYMPTOMS, ACT ACCORDINGLY

Heat Exhaustion

Headache, dizziness, difficulty concentrating

Rapid breathing & heartbeat

Skin rash, heavy sweating

Extreme thirst, nausea or vomiting

Dark urine & decreased urination

Muscle cramps

Move to a cool space, drink water, apply cool water to large areas of the skin (bath, shower, wet clothes).

NORTH SHORE COOLING SPACES

Call location or check online for operating hours.

Recreation, Community & Cultural Centres

Swimming pool

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|---|---|
| 1 CityScape Community Art Space:
335 Lonsdale Ave | 8 North Vancouver Tennis Centre:
280 Lloyd Ave |
| 2 Delbrook: 851 W Queens Rd  | 9 Parkgate: 3625 Banff Ct |
| 3 Harry Jerome: 123 E 23 rd St  | 10 Ron Andrews: 931 Lytton St |
| 4 John Braithwaite: 145 W 1 st St  | 11 West Vancouver:
2121 Marine Dr  |
| 5 Karen Magnussen:
2300 Kirkstone R  | 12 Gleneagles: 6262 Marine Dr |
| 6 Lions Gate: 1733 Lions Gate Ln | 13 Seniors' Activity Centre:
695 21 st St W |
| 7 North Shore Neighbourhood House:
225 E 2 nd St | |

Libraries

- | | |
|---|---|
| 14 North Vancouver City: 120 14 th St W | 17 Parkgate: 3675 Banff Ct |
| 15 Lynn Valley: 1277 Lynn Valley Rd | 18 W Vancouver Memorial:
1950 Marine Dr |
| 16 Capilano: 3045 Highland Blvd | |

Splash Pads & Spray Parks

- | | |
|---|---|
| 19 Mahon Park: 1732-1752 Jones Ave | 24 Viewlynn Park: 2555 Viewlynn Dr |
| 20 The Shipyards: 162 Victory Ship Way | 25 Ambleside Park: 1031 Argyle Ave |
| 21 Eldon Park: 4010 Ruby Ave | 26 Dunderave Park: 150 25th St |
| 22 Kilmer Park: 1700 Dempsey Rd | 27 Horseshoe Bay Park: 6409 Bay St |
| 23 Myrtle Park: 4383 Cove Cliff Rd | 28 John Lawson Park: 1686 Argyle Ave |

WHAT TO DO BEFORE AND DURING AN EXTREME HEAT EVENT

Stock up

Key supplies to get *before* hot weather arrives:

- indoor digital thermometer
- fans
- refillable water bottle
- spray or bottle or mister
- electrolyte powder
- portable umbrella



If you don't have air conditioning, fans are great to circulate air, or bring cooler air in windows at night (though they don't reduce body temperature).

Be a good neighbour

- Arrange for at least two "Heat Buddies", and check in on each other mornings and evenings
- Check on neighbours, especially heat-vulnerable ones, multiple times a day and in person
- If you have AC, be grateful and kind by sharing it!

Look after your body

- Drink lots of water (even if not thirsty!)
- Avoid sugary, caffeinated or alcoholic drinks
- Consume salty snacks and electrolytes/sports drinks
- Take cool baths or showers
- Wet your shirt during the day, or sheets at night



Ask a healthcare provider if you have conditions or medications requiring precautions

At home

- Monitor indoor temperature: heat risks increase at 26 °C (78 °F), and significantly at 31 °C (88 °F): consider leaving for a cooler location
- Sleep in the coolest area, close to the floor
- Close windows/blinds in the morning, open at night
- Leave fresh water in a shaded space for pets
- Limit stove or oven use



Cover your windows to reduce indoor temps up to 10 degrees: on the outside if possible (even just taping on foil or cardboard helps a lot!)

Stay informed from trusted sources

- Vancouver Coastal Health (for heat health info)
- North Shore Emergency Management (for info on local cooling spaces and supports)
- Get NSEM's Alertable app for local alerts
- Get Environment Canada's WeatherCan app for local weather forecasts and alerts

SIGN UP FOR ALERTABLE

 Download the free app at nsem.ca/alertable

Away from home

- Seek cool spaces
- Shaded outdoor areas are best, ideally with a breeze, water source and/or trees; climate-controlled indoor spaces are also a good option
- Walk slowly; wear loose, light-coloured and lightweight clothing (cotton, linen); keep a damp cloth on your neck



Don't forget your hat and sunscreen!