

How do you feel?

Heat related illness can quickly turn into a medical emergency. If you experience any of the following symptoms during hot weather, **move immediately to a cool place and drink water:** muscle cramps, dizziness, nausea or vomiting, headache, extreme thirst, rapid breathing and heartbeat, decreased urination and dark yellow urine.



Heat Stroke

Symptoms of heat stroke include: **confusion and lack of coordination, high body temperature, not sweating but very hot, red skin, dizziness or fainting.**

Heat stroke is a medical emergency!

CALL 9-1-1

Staying Informed + Connected

- Turn on a **local radio** or **TV news station**, or check a **local newspaper** for weather and warnings for the South Okanagan.
- Sign up for **email** or **text** emergency notification on the City of Penticton website: **www.penticton.ca**
- Or sign up for **emergency notification** through an automated phone call. Call **Aging Well Penticton** at **250-487-3378** to sign up.
- Fill out the **United Way Emergency Planning Guide** so you are prepared, and your friends and family know your plan.

A Senior's Guide to Staying Healthy in Extreme Heat + Wildfire Smoke

With the number of extreme heat events expected to increase, this guide will help you **prepare** and **stay safe!**



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



Tips for Staying Safe During Extreme Heat



Stay hydrated

Drink plenty of cool liquids – water is best! Avoid caffeine. And if you're hungry, choose juicy fruits and veggies – they help you stay hydrated too!



Cooling off

Take a cool (**not cold**) shower to bring your body temperature down. Take a break from the heat by going to an air conditioned place like the shopping mall or public library.



Stay cool

Close windows and blinds during the day. **If** the temperature cools at night, open your windows. Prepare meals that don't need to go in the oven.



Know your risks

You are at a greater risk for heat related illness if you have: * Breathing difficulties * heart problems * high blood pressure * kidney problems * a mental illness * on certain medications * Parkinson's disease *



Pay attention to how you feel

Symptoms of heat related illness include: **Headache, nausea, dizziness, rapid breathing and heart rate, dark yellow urine and/or decreased output.** Move to a cool place and drink water.



Talk to your health care provider or pharmacist

If you are on any medication, talk with your pharmacist to see if you are at an increased risk for heat related illness.

Wildfire Smoke

Wildfires can happen anytime and alongside extreme heat events, increasing the impact on our health.

During an air quality advisory:

- Keep windows and doors closed.
- If you have an air conditioner, set it to "recirculate" the air instead of bringing in air from outside.
- Limit outdoor activity.
- Stay hydrated.
- If you do not have air conditioning seek places with clean, cool air such as the library, recreation centre, shopping mall or grocery store.

