

ABBOTSFORD EMERGENCY PROGRAM

BEAT THE HEAT

DURING EXTREME HEAT



STAY
HYDRATED

Drink water often.



STAY IN
COOL SPACES

Find air conditioning
or cooling centres.



CHECK ON
VULNERABLE PEOPLE

Look out for neighbours, friends
and family.

CALL 911

FOR HEAT STROKE AND EMERGENCIES

Watch for Heat Warnings and Extreme Heat Emergencies. Learn more at abbotsford.ca/heat.

KNOW THE ALERTS



HEAT WARNING



33°C+ Daytime High



17°C+ Nighttime Low



2+ Consecutive Days



EXTREME HEAT EMERGENCY



36°C+ Average Daytime High



3+ Consecutive Days



Potentially Life Threatening



An Extreme Heat Emergency is declared when Heat Warning criteria are met **AND** the average daily high is forecast to reach 36°C or higher for three or more consecutive days.

KNOW THE SYMPTOMS

HEAT EXHAUSTION



- Skin rash
- Heavy sweating
- Dizziness
- Headache
- Sickness
- Vomiting
- Rapid breathing
- Rapid heartbeat
- Muscle cramps

WHAT TO DO:

Move to a cooler place, drink water and rest. **CALL 811** for health advice if symptoms get worse.

HEAT STROKE



- Hot, red skin
- High body temperature
- Drowsiness or fainting
- Confusion
- Reduced coordination

WHAT TO DO:

CALL 911 IMMEDIATELY

Move to a cooler place and lower body temperature while waiting for help.

STAY COOL



STAY HYDRATED

Drink water often. Avoid caffeine, alcohol and sugary drinks.



COOL YOUR BODY

Use misting spray, cooling towels, ice packs, or take cold showers.



COOL YOUR HOME

Close windows (10am–8pm) and cover them; don't rely on fans alone in extreme heat.



PREPARE

Stock up on groceries, medications and essentials.

COOLING CENTRES*



Scan the QR code to find the nearest cooling centre.



- 1 Mount Lehman Library
- 2 Clearbrook Library
- 3 Abbotsford Community Library
- 4 The Reach Gallery Museum
- 5 Matsqui Recreation Centre (MRC)
- 6 Abbotsford Recreation Centre (ARC)

*NO PETS ALLOWED (except service animals)

MAKE A HEAT PLAN



Know where you will go to cool down.



Plan how you will go there.



Invite someone to go with you.



Pack what you will need. (Medications, snacks, water, phone, book, etc.)

STAY COOL TOGETHER

- ✓ Connect with neighbours
- ✓ Share local info & resources
- ✓ Invite others if you have AC
- ✓ Use cooler spaces (basement)
- ✓ Stay social: Share food, play games and watch movies



Check on older adults, young children, pregnant people and those with health conditions.



CALL 911
for emergencies



CALL 811
for health advice



Learn more
abbotsford.ca/emergency

