

ABBOTSFORD EMERGENCY PROGRAM

COOL DOWN

BE PREPARED FOR EXTREME HEAT



**Temperatures
over 31°C**



**Over prolonged
period of time**



**Potentially Life
Threatening**



Extreme heat can become dangerous when temperatures rise above 31°C, especially during multiple hot days in a row.

KEY ACTIONS TO STAY SAFE

Stay hydrated, avoid strenuous activity during the hottest part of the day and check on older adults, children and neighbours.



BUILD A COOLING KIT



THERMOMETER

Check indoor temperatures.



COLD COMPRESS

Freeze and apply to neck, armpits, and wrists.



TOWEL

Cool skin and help lower body temperature.



WATER BOTTLE

Sip water regularly.



SPRAY BOTTLE

Mist skin for quick relief.

KNOW THE SYMPTOMS

HEAT EXHAUSTION

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

WHAT TO DO:

Cool down, hydrate, and rest.

CALL 811 if symptoms worsen.

HEAT STROKE

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

WHAT TO DO:

**CALL 911
IMMEDIATELY**

This is a medical emergency.



CALL 911
for emergencies



CALL 811
for health advice



Learn more
abbotsford.ca/emergency

