

Extreme Heat

What you can do

Adapted from: [Extreme Heat | Natural Disasters & Emergencies | IH \(interiorhealth.ca\)](#)

In partnership with Interior Health, Town of Princeton, and the Upper Similkameen Indian Band – June 2022

Extreme heat, heat waves, or heat domes are heat emergencies that involve high temperatures and humidity that lasts for at least 2 days. Our changing climate can cause more or longer extreme heat. Here are things you can do to stay healthy and safe during extreme heat.

What to get ready

- Cover windows to block heat and sun
- Add weather-stripping to doors and windows
- Think about adding more insulation to your home to keep heat out and window reflectors to block heat
- Install air conditioners or make sure you know how to turn your air conditioner on
- Use ice behind a fan to cool the air the fan blows



What to do

- Go to public space with air conditioning
- Wear loose clothing that is light in colour
- Don't use your oven
- Drink lots of water
- Check on your family members and neighbors, our elders are more at risk for heat related illness
- Limited activity, rest and only work outside when the sun is down
- Take a cool shower or bath
- Make sure pets have water and access to shade



What to watch for

- Muscle cramps
- Hot skin and no sweating
- Dizziness and confusion
- Nausea or vomiting
- Headache and or feeling faint

