



Penticton Indian Band

841 Westhills Drive
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How to Manage in a Heat Wave

Prolonged exposure to extreme heat can result in heat-related emergencies, such as heat cramps, heat exhaustion, and heat stroke. The best way to protect yourself and your family in case of a heat wave is to follow these steps:

- **Stay hydrated and cool.**
- Check with your neighbours, friends and those at risk.
- Be prepared for power outages, and have an [emergency plan in place](#). (Red Cross Links)
- Check the contents of your [emergency kit](#) in case of a power outage.
- Listen to local news and weather reports for heat warnings.
 - A **heat warning**, as defined by Environment Canada, means daytime and nighttime temperatures or humidex values are expected to be higher than the average high temperature for 2 or more days in a row.
 - Know the humidex rating – it combines the temperature and humidity to indicate how hot the weather feels to the average person.
- Find ways to keep cool before hot weather starts.
 - Arrange air conditioning and fans to help keep your home cool.
 - Find out where you can go to get cool such as public libraries, malls, and cooling centers.
 - Discuss heat safety with members of your household. Have a plan for wherever you spend time – home, work and school – and prepare for possible power outages.
- Make sure you know those who are most at risk around you, such as the elderly, children and those who are sick or in need of extra assistance.
- Further information for heat wave planning can be found online at on the [Sun Safety section](#) of the Public Health Agency of Canada website.

YOUR HOME:

- Keep curtains and blinds closed, as windows will let heat into your home
- Open windows at night to cool your home and close them early morning
- If using an AC system, do not set the temperature under 21 degrees Celsius to prevent the system from freezing
- Utilize ceiling and standing fans

YOURSELF, AND FAMILY:

- Ensure that yourself, your children, and others are drinking plenty of water, even if you do not feel thirsty
- Eat lots of fruit and vegetables to keep yourself hydrated
- Use sunscreen when outdoors and reapply often
- Wear hats and breathable light-coloured, light weight clothing
- Check on elders, family, and friends often
- Avoid strenuous activity for long periods of time



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ANIMALS:

- Make sure your animals have plenty of fresh, clean water through the day
- Leave pets at home, it is too hot for them to sit in a vehicle
- Do not leave pets outside for long periods of time, it does not take long for animals to overheat
- If you notice your pets excessively panting, drooling, or having difficulty breathing, take steps to hydrate and cool them down immediately, if left to progress the animal could face serious health issues

FIRE SAFETY:

- Water your lawns early in the morning or in the evenings only, it will protect yourself from the sun and allows the grass to absorb more water and ensures your property isn't dry
- Take caution when smoking, use a proper ash tray, be careful with the ashes and ensure butts are all the way out, never throw a cigarette butt out the window of a vehicle
- If you see smoke or a fire, call 911 or *5555 for suspected wildfires

The Signs and Symptoms of Heat-Related Emergencies

	Heat Exhaustion	Heat Stroke
Skin	<ul style="list-style-type: none"> • Moist • Warm 	<ul style="list-style-type: none"> • Dry • Hot
Physical	<ul style="list-style-type: none"> • Headache • Weakness, exhaustion • Nausea, vomiting • Fainting 	<ul style="list-style-type: none"> • Seizures • Coma • Severe Headache
Mental	<ul style="list-style-type: none"> • Anxiety • Dizziness 	<ul style="list-style-type: none"> • Altered Behaviour • Irritable, aggressive, bizarre
Breathing	<ul style="list-style-type: none"> • Normal 	<ul style="list-style-type: none"> • Rapid • Shallow

Please call the PIB Health Centre if you have any questions or concerns regarding any of the symptoms listed. **THE SIGNS AND SYMPTOMS LISTED IN BOLD BLUE IN THE TABLE ABOVE ARE THE MOST SERIOUS, PLEASE CALL "911" IMMEDIATELY IF ANY OF THESE SYMPTOMS ARE PRESENT. OTHERWISE, PROVIDE CARE AND MONITOR THE PERSON CLOSELY.**