

WHAT IS A HEAT DOME?

Heat domes are natural phenomena that occur when the atmosphere traps hot ocean air, like a lid or a cap.

The immense pressure from trapping warm air heats up under the heat dome, resulting in extremely hot weather conditions, heat waves, and wildfires.



WHY ARE OLDER ADULTS AT RISK?

- Older adults have reduced sweating abilities and blood flow, making it harder to get rid of heat
- Some medications affect our ability to regulate temperature
- As we age, the body finds it harder to sense and respond to a sudden change in temperature
- People who live alone or are socially isolated may find it hard to access cooling centres

HEAT DOME PREPAREDNESS CHECKLIST

- Check the forecast
- Reach out to family & friends
- Know the signs of heat-related conditions
- Update your first-aid kit
- Find a cooling centre near you
- Buy a thermometer from your home a pharmacy or home improvement store (e.g. The Home Depot)

CONTACT INFORMATION & SERVICES



911

Call for **any** heat-related emergencies

811

Call to speak with a health service navigator, registered nurse, or pharmacist

711 (video relay services)

Services for hard of hearing & visual impairment

311

Call to find a cooling centre or community centre near you

Scan to learn more about the heat dome:



STAYING SAFE DURING THE HEAT DOME

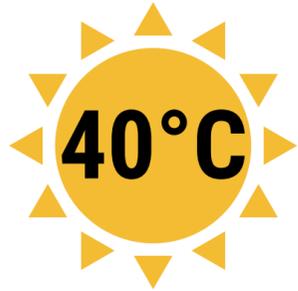
Take action and together, we can **beat the heat**



[BeattheheatBC.ca](https://beattheheatBC.ca)

**BEAT
THE
HEAT**

WHAT HAPPENED DURING THE LAST HEAT DOME?



Temperatures reached 40°C across BC & remained very hot during the night

595

595 heat-related deaths in BC



96% of heat-related injuries occurred at home



People aged 70+ accounted for 69% of all deaths



Most deaths were in Vancouver, Surrey & Burnaby

COMMON HEAT-RELATED CONDITIONS

HEATSTROKE*

Symptoms include:

- Fever of 40.6°C or higher
- Hot, dry, red or clammy skin
- Fainting
- Strong & fast heartbeat
- Nausea

HEAT EXHAUSTION

Symptoms include:

- Excessive sweating
- Cold and damp skin
- Headaches
- Weak, but fast heart beat
- Weariness

HEAT CRAMPS

Symptoms include:

- Muscle spasms
- Muscle pain
- Excessive sweating during exercise

*Call 911 if experiencing heatstroke

HOW CAN I PREPARE?

- Reach out to community members & arrange check-ins with family & friends
- Check the forecast & news to learn about the next heat dome
- Buy an air conditioner or fan
- Learn the signs of health-related conditions

HOW CAN I COOL DOWN?



- Take a shower, use a cold spray bottle, & damp towels
- Drink water & eat hydrating food (ex. cucumbers)
- Try to avoid alcohol, sugary drinks, & caffeine
- Keep your blinds & curtains shut during the day & night
- Wear loose, light-coloured clothes (ex. cotton, linen)

Other services

- Overnight cooling centres
- Swimming pools
- Spray parks
- Public libraries
- Water fountains
- Misting stations