

# What to do During Extreme Heat: Guide for Service Providers

## Look for signs of heat illness

Signs of heat exhaustion:

- dizzy, tired, sweating a lot, nausea, weakness.

 **Heat stroke is a medical emergency!**

Signs of heat stroke:

- confusion, slurred speech, loss of consciousness, very high body temperature.

## Get emergency care for heat stroke

Call 911 or get emergency medical attention if:

- Body temperature is above 39C OR
- Very fast breathing or heart rate, extreme thirst, or low urination.

Cool the person quickly:

- Remove clothing and apply cool wet cloths to skin.

## Check in on people two times each day

- Continue to check in for 2-3 days after the heat event.
- Ask people to check-in with friends and neighbours during and after heat events.

## Keep spaces cool

- Check indoor temperature often.
- Move people to a cooler area if indoor temperature is above 31C.
- Use air conditioning (A/C) in communal areas.
- Do not use fans as the main method of cooling if the temperature is more than 35C.
- Close window coverings during the day and open windows at night.

## Hand out cooling supplies

Share supplies from [extreme heat kit](#):

- Water or rehydration fluid.
- Sunscreen SPF 15 or higher.
- Heat-appropriate clothing and hats.
- Ice packs.
- Misting bottles.
- Cool wet towels.

## Share nearby community resources

- Cooling centres.
- Shaded areas and parks.
- Health and social services.
- Overdose prevention services.