

BEAT THE HEAT:

Extreme Heat

Heat-related illnesses are preventable

WHAT:

Extreme heat or heat waves occur when temperatures of 32 °C or greater are expected for at least two consecutive days.

Children/infants



Older adults



WHO:



Outside workers



People with chronic illness or who are physically impaired

WHERE:



Houses with little to no AC



Construction worksites



Cars

UNIVERSITY OF THE FRASER VALLEY

HOW to AVOID:



Drink plenty of fluids. Drink extra water even before you feel thirsty and if you are active on a hot day.



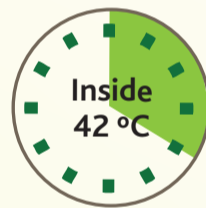
Keep cool. Stay indoors in air-conditioned buildings and avoid strenuous activities.



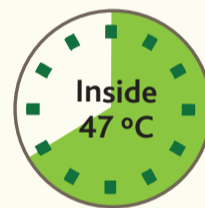
Wear lightweight, light-coloured, loose-fitting clothing and a wide brimmed hat, or use an umbrella for shade.

CAR TEMPERATURE

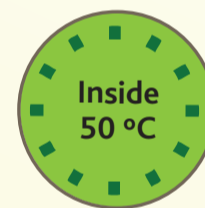
Outside Temperature 26 °C



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes



During extreme heat the temperature in your car could be deadly!

HEAT ALERTS: Know the difference.

Minor

Heat Watch

Heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Heat Warning

Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs = 40-43).

Major

Heat Advisory

Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs = 37-40).

DID YOU KNOW?

In Canada, the number of deaths associated with **extreme heat** events is substantially higher compared to the combined deaths from other natural disasters

In Canada, **heat waves** are the leading weather-related cause of death.