
What to do in a heat wave

A heat wave is a period of very hot weather that lasts for two or more days. To be called a heat wave, the temperatures must be above the historical averages for an area.

Staying in the heat for a long time can be dangerous. It can cause heat-related illnesses like heat stroke.

What to do in a heat wave:

- Drink lots of water – before you are thirsty.
- Slow down. Try to limit your activities.
- Find places to cool down, such as malls, libraries and community centres.
- Wear a hat or use an umbrella when outdoors.
- Wear light and loose-fitting clothes.
- Stay out of the sun to prevent sunburn.
- Stay indoors or in shady areas during the hottest part of the day.
- Do not leave children or pets inside a parked car.
- Check on older family members, friends and neighbors to make sure they are comfortable and safe.

What are the signs of heat stroke?

- high body temperature (over 104 F or 40 °C)
- no sweating
- hot and dry skin that changes from red to ash or purple
- may be loss of consciousness
- rapid breathing and heart rate
- headache

If someone has a heat stroke, call 9-1-1 right away. Move the person to a cooler place and sponge their body with cool water until help arrives.

Learn more at [GetPrepared](#).

Adapted from Government of Canada

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Stay indoors during the hottest part of the day.



Check on older family members, friends and neighbours.