

EXTREME HEAT ADVISORY: LEVEL 2



ADVISORY 2

The Village of Ashcroft and Interior Health advise residents that the immediate forecast for 3+ consecutive days is with daytime temperatures of 35°C or more and not cooling off to below 18°C at night.

It is important that residents are aware of the impacts extreme heat events have, especially for the very young, the elderly, those with chronic illness or those taking certain medications.

People working outdoors or participating in outdoor activities, face greater heat exposure and are encouraged to modify their hours of work, if possible, and reduce or limit their outdoor activities.

PLEASE SPREAD WORD TO YOUR NEIGHBOURS

Please take the time to talk to your neighbours and identify residents who require assistance during lengthy extreme heat events. These may be people who do not have air conditioning, have limited or no form of transportation, and no form of water supply on hand. It is important that everyone understands the need to cool off during extreme heat events.

VOYENT ALERT!

Please register with Voyent Alert notification system to stay informed in events of extreme heat alerts, fire alerts, water conservation measures and other important notifications. Need help registering? Call (250) 453-9161 for assistance.

COOLING CENTRES

The HUB at 711 Hill Street will be open Monday to Friday 8AM – 8PM to use as cooling centre, please use back entrance and park on Government Street. Bottled water will be available, bring a book or game for entertainment.

If you have any questions, please contact The Village of Ashcroft, check our website at www.ashcroftbc.ca, or check the Interior Health Extreme Heat website at www.interiorhealth.ca

HEALTH SAFETY TIPS AND REMINDERS

SYMPTOMS OF HEAT ILLNESS

Mild symptoms:

- Pale, cool, moist skin
- Heavy sweating
- Muscle cramps
- Rash
- Swelling, especially hands and feet
- Fatigue and weakness
- Light headedness and/or fainting
- Headache
- Nausea and/or vomiting

More Severe Symptoms: (Requires urgent medical attention)

- High Fever and/or high body temperature (103°F or higher)
- Hallucinations
- Seizures
- Unconsciousness

STEPS TO AVOID HEAT RELATED ILLNESS

- Plan your outdoor activities before 11 AM or after 5 PM, to avoid the most intense sun.
- Stay hydrated, drink plenty of water.
- If you must work or exercise outside in the heat of the day, drink two to four cups of water every hour, even before you feel thirsty.
- Rest and/or stay in the shade, or create your own shade with an umbrella and/or a wide brimmed hat. Wear light colored clothing.
- If you're struggling to keep cool, move indoors to an air-conditioned building or take a cool shower. At temperatures above 30°C, fans alone may not be able to prevent heat-related illness.
- Never leave children or pets alone inside a parked car. Temperatures can rise to 52°C (125°F) within 20 minutes inside a vehicle when the outside temperature is 34°C. Leaving the car windows open slightly will not keep the inside of the car at a safe temperature.