



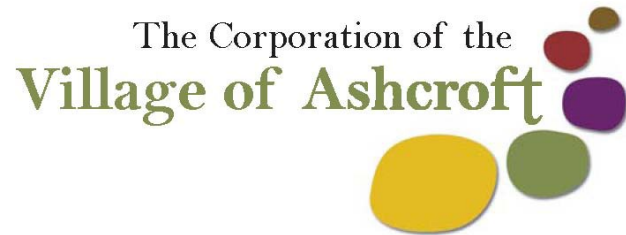
HARS

HEAT ALERT & RESPONSE SYSTEM

Developed for the Village of Ashcroft

In collaboration with the Interior Health Authority's
Healthy Communities, Healthy Families Program

Revised:
January 2022



Heat Alert and Response System (HARS) - A Plan for the Village of Ashcroft

Introduction

Extreme heat has been established as a risk factor for acute heat illness, as well as heat-related morbidity and mortality. Vulnerable populations such as the elderly, persons with chronic comorbidities, young children, persons with lower socio-economic status and those working outdoors are most at risk. As climate change is predicted to increase global temperatures by 1-3°C, the numbers of high heat and heat wave days are also predicted to increase (Field et al., 2007). The community of Ashcroft has been recorded to have amongst the highest temperatures in the Southern Interior region of British Columbia (BC).

This plan is intended to provide guidance in responding to heat events in the Village of Ashcroft and the Ashcroft Indian Band thereby protecting the inhabitants, vulnerable individuals and visitors.

Objectives

- Provide a tiered response plan to guide activities during identified heat events
- Identify roles and responsibilities of participating stakeholders during heat events
- Provide a communications strategy for educating and alerting the general public during heat events

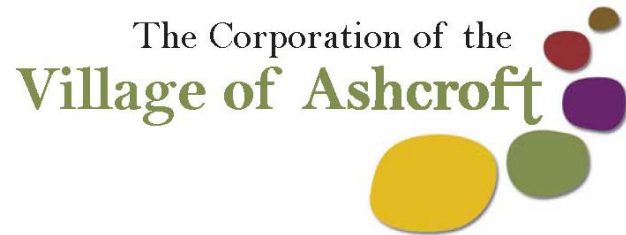
Roles and responsibilities

Table of Participating Stakeholders with their corresponding roles can be found in Appendix A.

Village of Ashcroft Organizational Chart can be found in Appendix B.

Cooling Centres

- Ashcroft HUB, 711 Hill Street
- Ashcroft Community Hall, 409 Bancroft Street



Heat Alert Definition

- Pre-heat Notification
 - Temperatures $\geq 30^{\circ}\text{C}$ for 2 consecutive days
- Alert Level 1
 - Temperatures $\geq 35^{\circ}\text{C}$ for 2 consecutive days **AND** overnight temperature $\geq 18^{\circ}\text{C}$
- Alert Level 2
 - Extended heat alert level 1 (Temperatures $\geq 35^{\circ}\text{C}$ for 3+ consecutive days **AND** overnight temperature $\geq 18^{\circ}\text{C}$)
- De-Escalation
 - Services disruption advisory is eliminated
- De-Activation
 - Temperature under threshold
 - Actual temperature of previous day doesn't achieve threshold **AND** future predicted temperature doesn't achieve threshold
 - Future predicted temperature does not achieve threshold
- Service Disruption
 - Includes, but not limited to → extended poor air quality, extended power outage, extended water advisories, etc

Heat Alerts and Response Activities

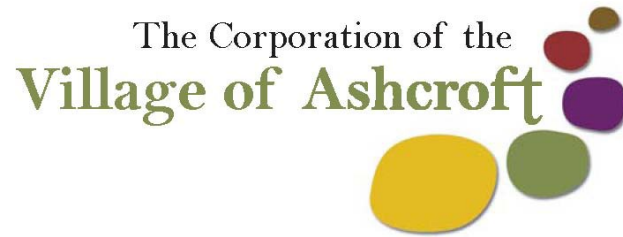
Heat Alert – Heat Notification

Trigger:

A temperature of 30°C for 2 days or more detected by the Village of Ashcroft weather station.

Alert Activated by Village of Ashcroft

Stakeholders Alerted: All stakeholders on the Ashcroft heat alert mailing list and all residents



Consider

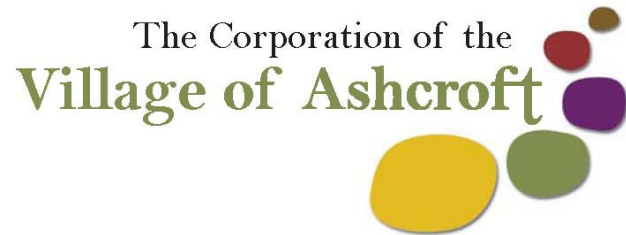
- A notification to the public that the Village is starting to experience hot weather and to watch for further heat alerts. Add key public health messaging related to prevention of heat related illness to the notification.
- Important to remind certain groups about the effects of heat:
 - Physically active individuals
 - Those who work outdoors; Outdoor events
 - Seniors and Young Children
 - Children's soccer games and other outdoor sport events
 - Dirt bikers, hikers
 - Service personnel: Firefighters, RCMP

Response Actions:

- ✓ **Village of Ashcroft**
 - Send e-mail notifications to stakeholders who can post notices within their premises and/or those providing services to vulnerable populations (all HARS participating stakeholders).
 - Send pre-developed mail-outs to Ashcroft residents
 - Send out Voyent Alert
 - Update Village Website and Social Media
 - Heat Alert will be displayed on LED sign adjusted to appropriate alert level
 - Contact designated cooling centres to notify that Village is entering heat zone
 - Have Village cooling centre checked to ensure it is ready to be opened
 - Place order for bottled water
 - Notify staff of risks and protective activities

See Pre-Season Notification Process, News Release and Mail out Advisory in Appendix D

- ✓ **HARS participating Stakeholders carry out actions as per their internal plans.**
This includes:
 - a. Posting of notices by e-mail recipient organizations where public can see them (e.g. Dental Office, Post Office)
 - b. School District (during school attending months)
 - Call out from Desert Sands Community School website and Facebook page
 - Send notices/education to families via school children
 - Reduce times spent by students outdoors during school hours



Heat Alert Level 1- Heat Advisory

Trigger:

Forecasted temperatures are above threshold 35°C two days in a row with a night low above 18°C, increase in health impacts as monitored by Environment Canada.

Alert Activated by Environment Canada

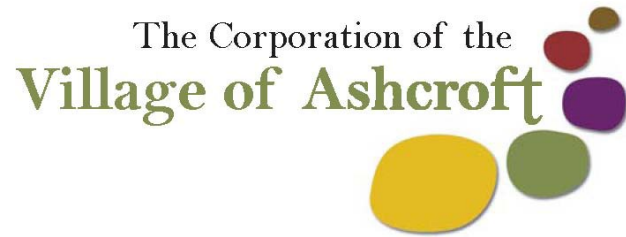
Consider

- A notification to the public that the Village will be experiencing extremely hot weather along with key public health messaging related to prevention of heat related illness
- Important to remind certain groups about the effects of heat:
 - Physically active individuals
 - Those who work outdoors; Outdoor events
 - Seniors and Young Children
 - Children's soccer games and other outdoor sport events
 - Dirt bikers, hikers
 - Service personnel: Firefighters, RCMP

Response Actions:

- ✓ **Environment Canada**
 - The app = WeatherCAN
 - Email based alert system from https://ecalertme.weather.gc.ca/guides/quickstart_en.php
- ✓ **Village of Ashcroft**
 - Send e-mail notifications to stakeholders who can post notices within their premises and/or those providing services to vulnerable populations (all HARS participating stakeholders).
 - Send mail-outs to Ashcroft residents (informing about cooling centres, availability of water)
 - Place signs at outdoor facilities to inform the public of heat alert and potential effects of prolonged exposures to heat (heat related illness)
 - Send out Voyent Alert
 - Update Village Website and Social Media
 - Heat Alert will be displayed on LED sign adjusted to appropriate alert level

See Level 1 Heat Advisory Notification Process, News Release and Mail out Advisory in Appendix E



✓ **HARS participating Stakeholders carry out actions as per their internal plans.**

This includes:

- a. Posting of notices by e-mail recipient organizations where public can see them (e.g. Dental Office, Post Office).
- b. School District (during school attending months)
 - Call out from Desert Sands Community School website and Facebook page
 - Send notices/education to families vis school children
 - Reduce times spent by students outdoors during school hours

Heat Alert level 2 - Heat Warning

Trigger:

A sustained Level 2 Heat Alert for 3 or more consecutive days and/or increase in health impacts as monitored by Environment Canada.

Consider

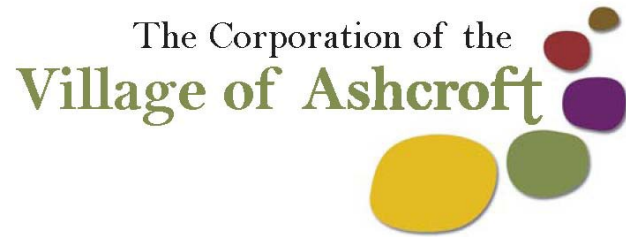
- A notification to the public that the Village is experiencing extremely hot weather affecting the health of the population. Public messaging may need to include information on cooling facilities with operating times and other offered services by all participating stakeholders.
- The general public may need assistance to avert heat related illness: There may be an increase in Ambulance calls and visits to the emergency dept.

Alert Activated by Environment Canada

Response Actions:

✓ **Environment Canada**

- The app = WeatherCAN
- Email based alert system from https://ecalertme.weather.gc.ca/guides/quickstart_en.php



✓ **Village of Ashcroft**

- Send e-mail notifications to stakeholders who can post notices within their premises and/or those providing services to vulnerable populations (all HARS participating stakeholders).
- Send mail-outs to Ashcroft residents (informing about cooling centres, availability of water)
- Send out Voyent Alert
- Update Village Website and Social Media
- Heat Alert will be displayed on LED sign adjusted to appropriate alert level
- Community Hall extend operation hours as needed
- Contact other cooling centres to activate extended operating hours
- Provide bottled water at cooling centres
- Close pool to protect employees and place signs at outdoor facilities to inform the public of heat alert and potential effects of prolonged exposures to heat and discourage their use

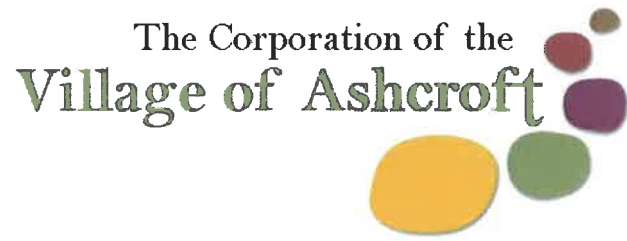
See Level 2 Heat Advisory Notification Process and Mail out Advisory Appendix E

✓ **HARS participating Stakeholders carry out actions as per their internal plans.**

This includes:

- a. Posting of notices by e-mail recipient organizations where public can see them (Dental Office, Post Office).
- b. School District (during school attending months)
 - Call out from Desert Sands Community School website and Facebook page
 - Send notices/education to families vis school children
 - Reduce time spent by students outdoors during school hours

See Level 2 Heat Advisory Notification Process, News Release, Level 2 Heat Advisory Protocol #3 in Appendix F

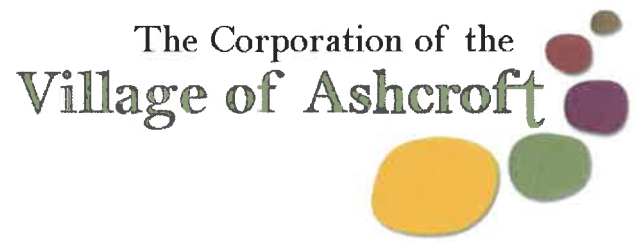


Appendix A

Ashcroft HARS Community Stakeholder Committee:

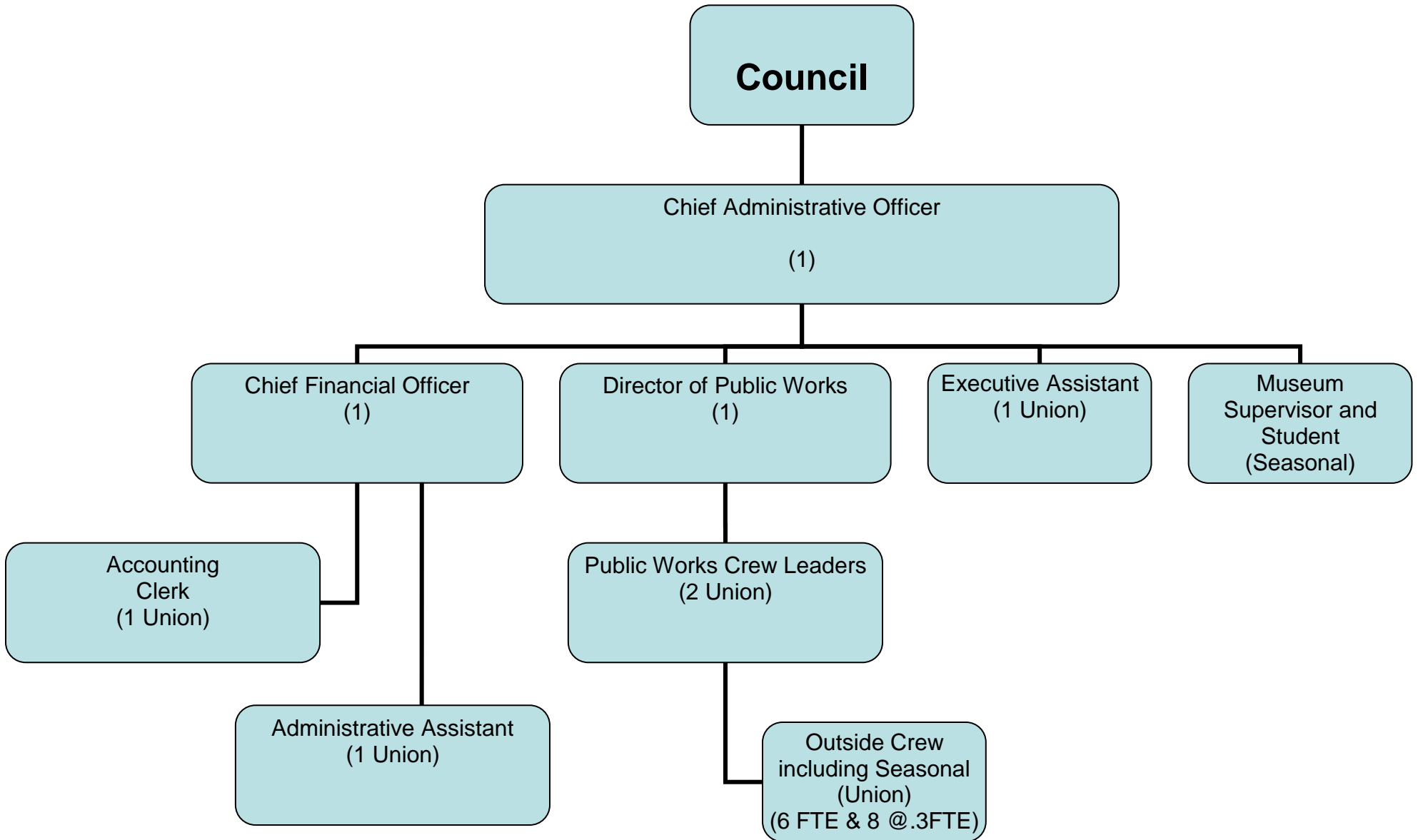
The Community Stakeholder Committee will play an integral role in the development of the HARS, but they will also support with promotion and implementation of the HARS where possible. This Committee will also act as a 'third party' evaluator to help ensure the project stays on track and objectives are being met.

NAME	ROLE	EMAIL	RESPONSIBILITIES
Daniela Dyck	Chief Administrative Officer, Village of Ashcroft	cao@ashcroftbc.ca	Co-sponsor of project, Advisory Committee,
Jenny Green	Community Health Facilitator, IH		Facilitator for project planning & engagement, Advisory Committee,
	Public Health/Environmental Public Health, IH		Champion, Plan Development and Implementation
Philip Schuberg, Community Paramedicine	Emergency Response		Champion, Plan Development and Implementation
Teresa Downs	Superintendent of School District #74 Gold Trail	tdowns@sd74.bc.ca	Champion, Plan Development and Implementation
Nikki Vincent	Executive Director, Yellowhead Community Services, Local Transit Operator	nikki.v@yellowheadcs.ca	Champion, Plan Development and Implementation
Nancy Kendall, Better at Home	Non-Profit/Outreach		Champion, Plan Development and Implementation
Jodene Blain	Administrator, Ashcroft Indian Band	jodene@ashcroftband.ca	Champion, Plan Development and Implementation
	Landlord(s)		Champion, Plan Development and Implementation
	Ministry of Forests, Lands and Natural Resource Operations		Champion, Plan Development and Implementation
Emergency Services Supervisor	Regional District Representative	Position currently vacant	Champion, Plan Development and Implementation
Marilyn Anderson	Councillor, Village of Ashcroft	Senior Liaison for Council	Champion, Plan Development and Implementation
	Citizen at Large (senior, etc.)		Champion, Plan Development and Implementation



Appendix B

THE VILLAGE OF ASHCROFT
ORGANIZATIONAL CHART @ 2022



Details of each position:

Chief Administrative Officer – Daniela Dyck

Chief Financial Officer – Yogi Bhalla

Director of Public Works – Brian Bennewith

Accounting Clerk – Nancy Carson

Executive Assistant – Kristine Hardy

Administrative Assistant – Maike Mayden

Public Works Crew Leaders Utilities – Bob Sidwell

Public Works Crew Leader Operations – Oscar Battel

Public Works Crew:

Cam Tedford

Josh White

Kathleen Tedford

Marc Kostaskey

Gavin Kellington

Lucas LaRue

Eddie Aie

Waste Water Treatment Plan:

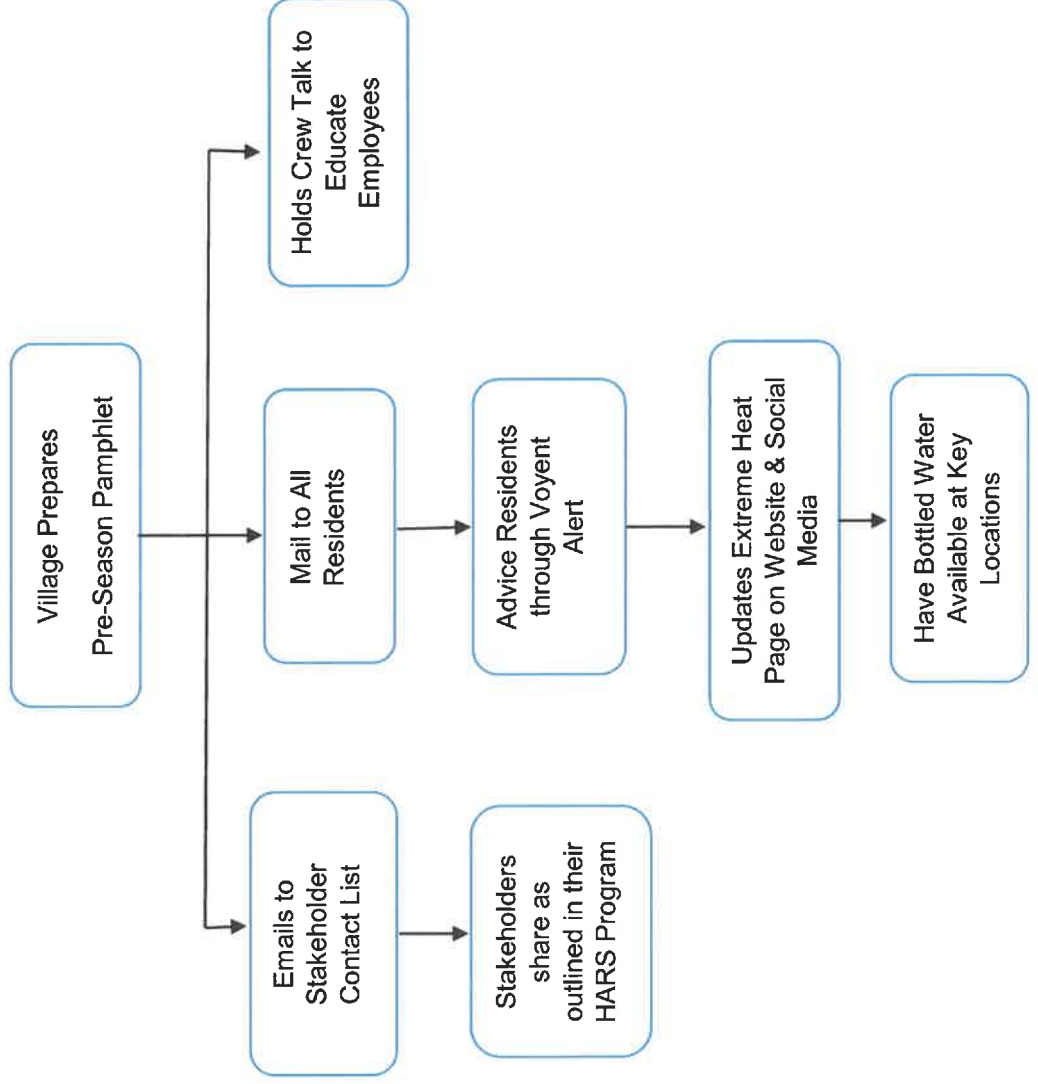
Ron Oliver



Appendix C

VILLAGE OF ASHCROFT
HEAT ALERT AND RESPONSE SYSTEM
PRE-SEASON NOTIFICATION PROCESS – PUBLIC EDUCATION AND PREPARATION

TRIGGER: Village prepares notice in late May once daytime temperature of 30°C is recorded for 2 consecutive days at Ashcroft Weather Station



PRE SEASON HEAT ALERT**PROTOCOL #1**

TRIGGERS: A daytime temperature of 30°C for two consecutive days as recorded at the Ashcroft Environment Canada Weather Station

Contact the owners of identified cooling centres to ensure that their facilities could be used:

- Ashcroft HUB
- Village of Ashcroft Community Hall

Review Level 1, and 2 notices and update contact information

Order supply of Extreme Heat Brochures from Health Canada

Ensure adequate supply of "Cooling Centre" banners are on hand

Prepare and distribute Pre Season Advisory to all residents by mail out

Send Pre Season Advisory to key stakeholders :

- School District
- Medical Clinic
- Village Crews
- RCMP/Fire Department

Send out Voyent Alert

Update Social Media and Website

Put notification on LED Sign

CONTACTS:

Title	Name	Office #	Cell #	Home #
Director Public Works	Brian Bennewith	250-453-9161	250-457-7497	
Interior Health				
Employee on Call		250-457-7354		



ADVISORY 1

NEWS RELEASE

(Date)

PRE-SEASON EXTREME HEAT NOTIFICATION

The Village of Ashcroft and Interior Health wish to remind residents that the warmer weather is on its way. To ensure that everyone is prepared and able to stay healthy during extreme heat events we urge you to:

1. Watch for updates if Extreme Heat events are expected
2. Keep a supply of bottled water on hand
3. Make sure everyone has a hat to wear outdoors and has loose fitting, light coloured clothing
4. Have your air conditioner serviced to ensure it is working
5. Be prepared to change your routine – perform your outdoor tasks before 11am or after 5pm
6. Older adults, infants and young children, those with chronic illnesses or on special medication are more at risk with increased heat
7. Check on your friends and neighbours, especially those who may have special challenges, and make sure they are prepared for extreme heat
8. Never leave people or pets inside vehicles during warmer weather
9. Be aware of how to stay healthy in the heat. More information is on the back of this notice

PLEASE SPREAD THE WORD TO YOUR NEIGHBOURS

Please take the time to talk to your neighbours and identify residents who may 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 supply of bottled water on hand. It is important that everyone understands the need to cool off during extreme heat events.

If you have any questions, please contact The Village of Ashcroft at 250-453-9161 or check our website at www.ashcroftbc.ca or the Interior Health Extreme Heat Website at www.interiorhealth.ca

EXTREME HEAT



NOTIFICATION

PRE SEASON ADVISORY

The Village of Ashcroft and Interior Health wish to remind residents that the warmer weather is on its way. To ensure that everyone is prepared and able to stay healthy during extreme heat events we urge you to:

1. Watch for updates if Extreme Heat events are expected.
2. Keep a supply of water on hand.
3. Make sure everyone has a hat to wear outdoors and loose fitting, light coloured clothing.
4. Have your air conditioner serviced to ensure it is working.
5. Be prepared to change your routine – perform your outdoor tasks before 11am and after 5 pm.
6. Older adults, infants and young children, those with chronic illnesses or on special medication are more at risk with increased heat.
7. Check on your friends and neighbours, especially those who may have special challenges, and make sure they are prepared for extreme heat.
8. Never leave people or pets inside vehicles during warmer weather.
9. Be aware of how to stay healthy in the heat. Information brochures are available at the HUB, Pool, Village Office, Museum, or view them online at the Village Facebook page or website.
10. Know the signs of Heat Exhaustion and Heat Stroke and learn how to stay healthy in the heat.

PLEASE SPREAD THE 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 water supply on hand. It is important that everyone understands the need to cool off during extreme heat events.

COOLING CENTRES

The Ashcroft Community Hall at 409 Bancroft Street as well as The HUB at 711 Hill Street will be open to use as cooling centres when extreme heat level 1 & 2 have been reached. This entails daytime temperatures of 35° for 2 days in a row and overnight temperatures at or above 18°.

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

The Village of Ashcroft

www.ashcroftbc.ca

Village of Ashcroft
601 Bancroft St.

@AshcroftVillage

250-453-9161

Ashcroft, BC V0K 1A0

HEAT RELATED ILLNESS

HEAT EXHAUSTION

Symptoms

- Heavy Sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle Cramps
- Tiredness or Weakness
- Dizziness
- Fainting (passing out)
- Headache

What to do

- Move to a cool place
- Loosen your clothes
- Reduce your body temperature – Put cool, wet cloths on your body or take a cool bath
- SIP water, AVOID caffeine
- If symptoms worsen or lasts longer than 1 hour, get Medical Help.

HEAT STROKE

Symptoms

- High body temperature (103° F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Confusion
- Nausea
- Dizziness
- Headache
- Fainting (passing out)

What to do

- Call 911 right away – heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool clothes or cool bath
- Do not give the person anything to drink

If you have any questions, please contact The Village of Ashcroft, check our website at www.ashcroftbc.ca. For more information on heat related illnesses check the Health Link BC website page www.healthlinkbc.ca/health-topics/htske

The Village of Ashcroft

www.ashcroftbc.ca

Village of Ashcroft
601 Bancroft St.

@AshcroftVillage

250-453-9161

Ashcroft, BC V0K 1A0

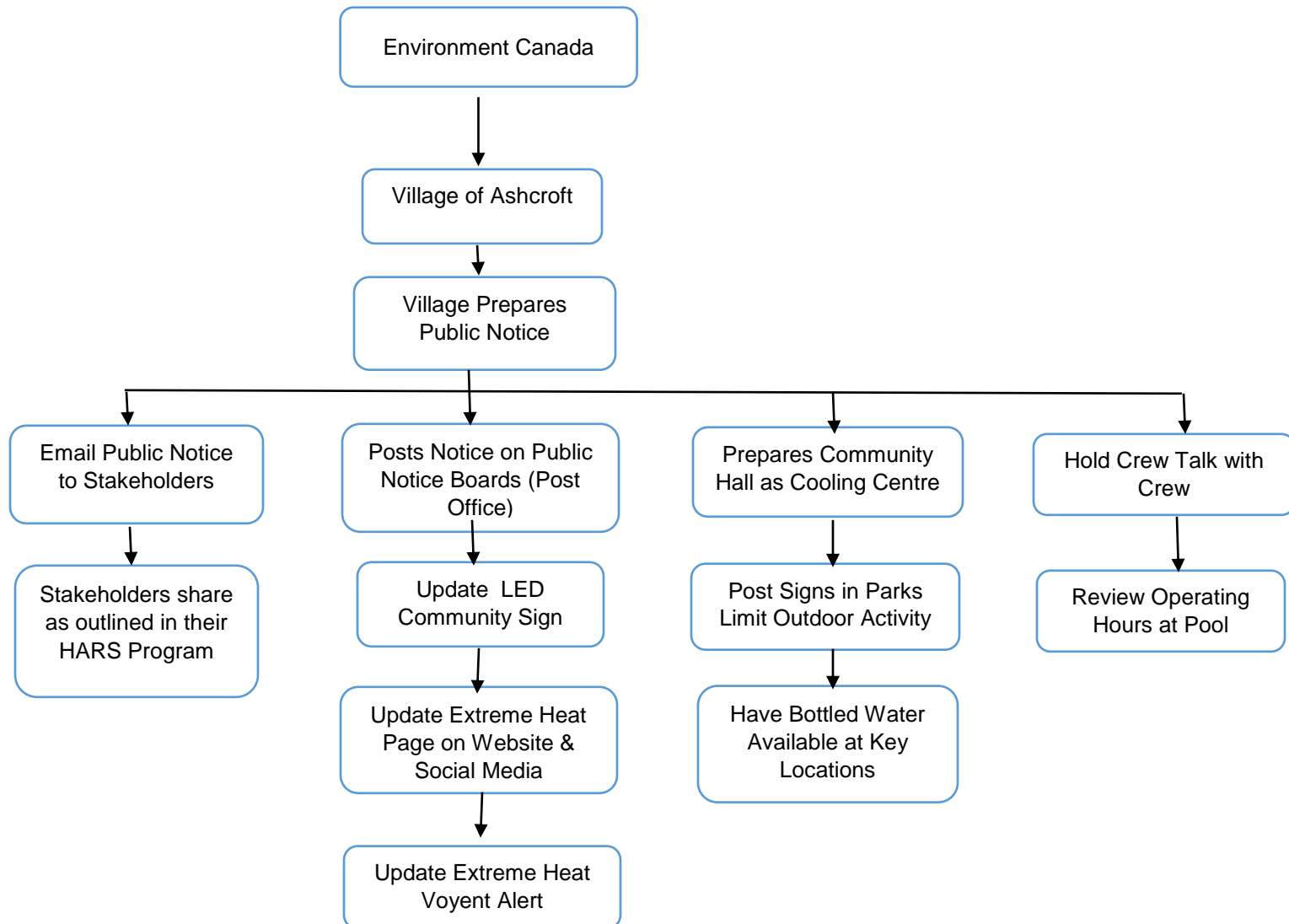


Appendix D

THE VILLAGE OF ASHCROFT HEAT ADVISORY AND ALERT SYSTEM LEVEL 1 – HEAT ADVISORY

TRIGGER: Daytime temperatures of 35° C for 2 days in a row AND overnight temperatures at or above 18° C

NOTIFICATION ACTIVATED BY: Environment Canada



EXTREME HEAT ADVISORY - LEVEL 1**PROTOCOL #2**

TRIGGERS: The Village of Ashcroft and Interior Health advise residents that the immediate forecast is for 2 consecutive days with daytime temperatures of 35°C or more and overnight lows remaining at or above 18°C.

- Inspect the Ashcroft Community Hall to ensure it is ready to be opened as a cooling centre
- Contact groups with reservations and advise that reservations may be modified if cooling centre is required.
- Prepare Advisory 1
- Review supply of Extreme Heat Brochures from Health Canada and re-order if necessary
- Distribute Brochures to pool, Visitor Centre, Museum, Village Office
- Date, print and distribute Advisory 1 to all public notice boards
- Send Advisory 1 to key stakeholders by email contact list:
 - School District
 - Medical Clinic
 - Village Crews
 - RCMP/Fire Department
 - Ashcroft HUB
 - Other
- Have designated office Staff update LED sign
- Send out Voyent Alert
- Update Extreme Heat Page on Village of Ashcroft Website and Social Media
- Hold Crew Talk with public works crew and seasonal workers
- Review operating hours for Ashcroft Pool
- When Level 1 is no longer in effect:
 - Update Village of Ashcroft Website, Social Media, Voyent Alert
 - Update LED sign
 - Remove Advisory #2 from public notice boards
 - Email stakeholders
-

CONTACTS:

Title	Name	Office #	Cell #	Home #
Director Public Works	Brian Bennewith	250-453-9161	250-457-7497	
Interior Health				
Employee on Call		250-457-7354		

NEWS RELEASE

(Date)

EXTREME HEAT NOTIFICATION

The Village of Ashcroft and Interior Health advise residents that the immediate forecast is for 2 consecutive days with daytime temperatures of 35°C or more and overnight lows remaining above 18°C.

It is important that residents are able to cool off for a few hours each day during this extreme heat event. Cooling centres are available from 10:00 am – 6:00 pm at the following locations:

- Ashcroft HUB, 711 Hill Street
- Ashcroft Community Hall, 409 Bancroft Street

There is no charge to attend these centres however please bring a book or other items for entertainment.

In addition, Health Canada offers the following suggestions for staying healthy and safe during an extreme heat event:

1. Always stayed hydrated – drink lots of water
2. Wear loose fitting clothing made of breathable fabric
3. Take cool showers or baths to feel refreshed
4. Plan strenuous outdoor activities for early morning hours
5. Spend time in an air conditioned environment to allow your body to cool off
6. Be aware that infants, young children, elderly and people with chronic illnesses are at a higher risk of heat-related health effects
7. Know the signs of Heat Exhaustion and learn how to stay healthy in the heat (more information on the reverse)
8. Pick up informational brochures at the Village Office, Ashcroft Pool, Ashcroft Museum, Visitors Centre or view them online at www.ashcroftbc.ca

PLEASE SPREAD THE WORD TO YOUR NEIGHBOURS

Please check on your friends and neighbours who may require additional assistance during these periods of extreme heat.

If you have any questions, please contact The Village of Ashcroft at 250-453-9161 or check our website at www.ashcroftbc.ca or the Interior Health Extreme Heat Department.

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.
- Drink plenty of non-alcoholic fluids - Avoid caffeine, water is the best choice.
- 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.

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.
- Drink plenty of non-alcoholic fluids - Avoid caffeine, water is the best choice.
- 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.
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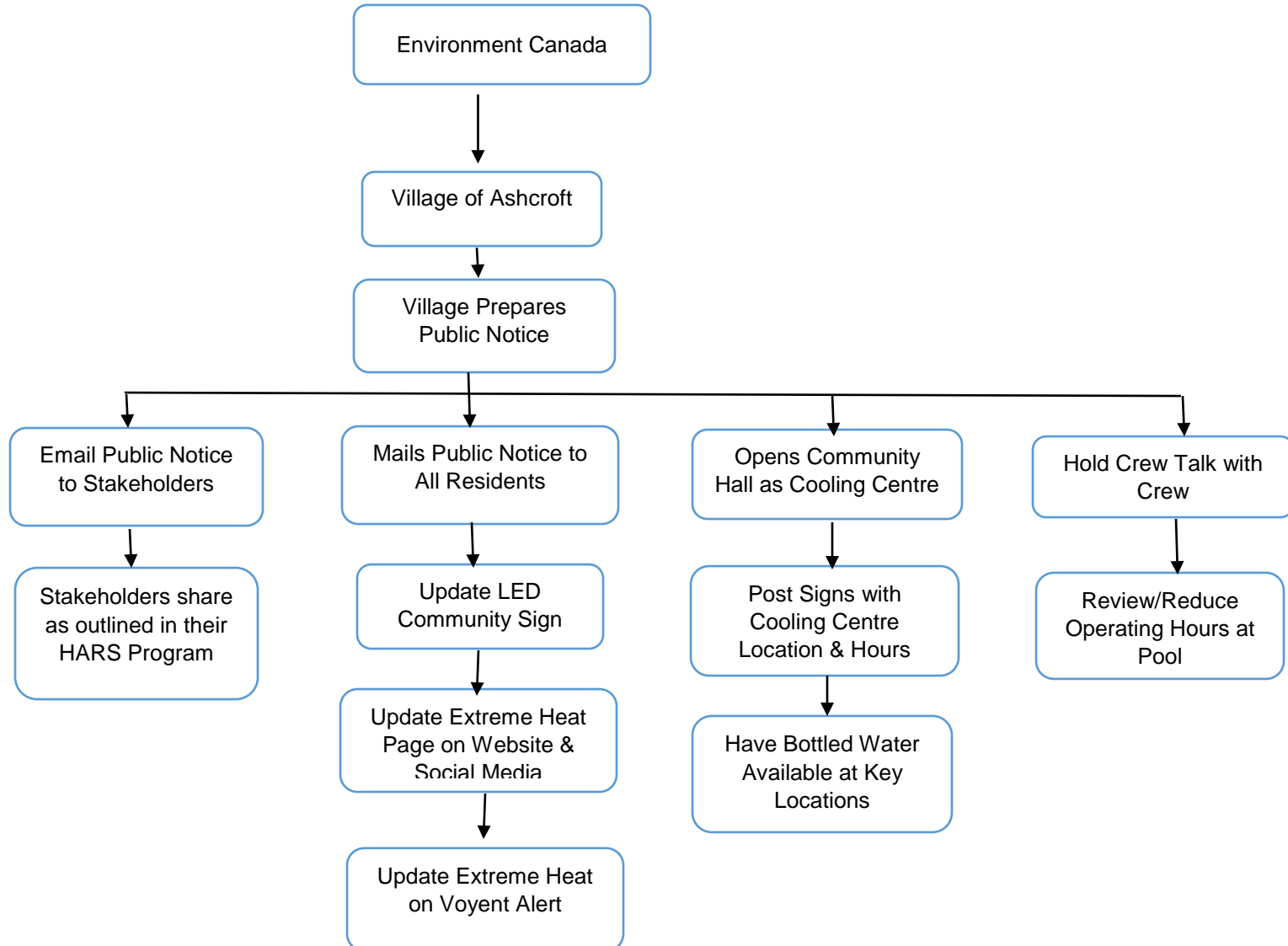


Appendix E

THE VILLAGE OF ASHCROFT HEAT ADVISORY AND ALERT SYSTEM LEVEL 2 – HEAT WARNING

TRIGGER: Daytime temperatures of 35° C for 3 or more consecutive days in a row AND overnight temperatures at or above 18° C

NOTIFICATION ACTIVATED BY: Environment Canada



EXTREME HEAT WARNING - LEVEL 2**PROTOCOL #3**

TRIGGERS: The Village of Ashcroft and Interior Health advise residents that the immediate forecast is for 3 or more consecutive days with daytime temperatures of 35°C or more and overnight lows remaining at or above 18°C.

- Open the Ashcroft Community Hall as a cooling centre during the hours 10 am – 6 pm
- Contact groups with reservations and advise that reservations are cancelled due to extreme heat
- Prepare Advisory 2
- Distribute cases of bottled water to key locations – Fire Hall, Community Hall, The Hub
- Distribute Brochures to pool, Visitor Centre, Museum, Village Office
- Date, print and distribute Advisory #3 to all residents by Canada Post mail out
- Send Advisory #2 to key stakeholders by email contact list:
 - School District
 - Medical Clinic
 - Village Crews
 - RCMP/Fire Department
 - Ashcroft HUB
 - Other
- Have Office Staff update LED sign
- Have Public Works Staff Distribute
 - Cooling Centre Location and Operating Hours signs to 2 areas of the community
- Update Extreme Heat Page on Village of Ashcroft Website
- Hold Crew Talk with public works crew and seasonal workers
- Review operating hours for Ashcroft Pool – close or reduce operating hours
- When Level 2 is no longer in effect:
 - Update Village of Ashcroft Website
 - Update community information sign
 - Remove Advisory #2 from public notice boards
 - Email stakeholders

CONTACTS:

Title	Name	Office #	Cell #	Home #
Director Public Works	Brian Bennewith	250-453-9161	250-457-7497	
Interior Health				
Employee on Call		250-457-7354		

NEWS RELEASE

(Date)

EXTREME HEAT ADVISORY

The Village of Ashcroft and Interior Health advise residents that the immediate forecast is for 2 consecutive days with daytime temperatures of 35°C or more and overnight lows remaining above 18°C.

It is important that residents are able to cool off for a few hours each day during this extreme heat event. Cooling centres are available from 10:00 am – 6:00 pm at the following locations:

- Ashcroft HUB, 711 Hill Street
- Ashcroft Community Hall, 409 Bancroft Street

There is no charge to attend these centres however please bring a book or other items for entertainment.

In addition, Health Canada offers the following suggestions for staying healthy and safe during an extreme heat event:

1. Always stay hydrated – drink lots of water
2. Wear loose fitting clothing made of breathable fabric
3. Take cool showers or baths to feel refreshed
4. Plan strenuous outdoor activities for early morning hours
5. Spend time in an air conditioned environment to allow your body to cool off
6. Be aware that infants, young children, elderly and people with chronic illnesses are at a higher risk of heat-related health effects
7. Know the signs of Heat Exhaustion and learn how to stay healthy in the heat (more information on the reverse)
8. Pick up informational brochures at the Village Office, Ashcroft Pool, Ashcroft Museum, Visitors Centre or view them online at www.ashcroftbc.ca

PLEASE SPREAD THE WORD TO YOUR NEIGHBOURS

Please check on your friends and neighbours who may require additional assistance during these periods of extreme heat.

If you have any questions, please contact The Village of Ashcroft at 250-453-9161 or check our website at www.ashcroftbc.ca or the Interior Health Extreme Heat Department at.

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 Ashcroft Community Hall at 409 Bancroft Street as well as The HUB at 711 Hill Street will be open to use as cooling centres. 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

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!

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