

**NEWS RELEASE**

**July 21, 2026**

## **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 center is available at the following location:

- Ashcroft HUB, 711 Hill Street, Monday – Friday 8:30am – 4:30pm

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

Free bottled water is also available at the following locations:

- Ashcroft Museum, 404 Brink Street, 7 days a week 9:30 – 4:30
- Ashcroft Library, 201 Brink Street, open hours

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, or view them online at [www.ashcroftbc.ca](http://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](http://www.ashcroftbc.ca) or the Interior Health Extreme Heat Department.

For more information, visit the Extreme Heat webpage at [canada.ca](http://canada.ca)

## STAYING HEALTHY *in the* HEAT

### Who is **MOST AT RISK?**

#### **FACT 1** **OLDER ADULTS**

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

#### **FACT 2** **INFANTS AND YOUNG CHILDREN**

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



#### **FACT 3** **CHRONIC ILLNESS/ SPECIAL MEDICATION**

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



#### **FACT 4** **PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS**

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.



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