



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.

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, 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.

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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