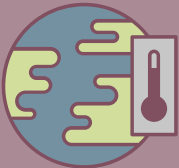


RECOMMENDATIONS FOR EXTREME HEAT

As the climate changes, average summer temperatures are rising and heatwaves are becoming more frequent and severe.

High heat days are projected to increase from an average 3 days per year today, to an average of 24 days per year by 2050 in central Alberta.

↑ DAYS > 30°C



On top of being uncomfortable, high heat days and heatwaves are a leading cause of premature death in Canada.

Stay hydrated with cool fluids, before, during and after a heat event even when you don't feel thirsty. Ensure those you are with are doing the same. Electrolyte tablets, powders and mixes can be bought over the counter to aid hydration. **Limit alcohol and caffeine** as they dehydrate your body.

Keep skin sunburn-free. Did you know that a sunburn reduces your skin's ability to cool itself? Apply and re-apply SPF liberally, especially if you will have direct sun exposure.

Wear light, loose, breathable clothing in fabrics like 100% cotton or linens, and avoid wearing dark colours. Don a hat and a pair of sunglasses if you're in direct sun.

Cool down your body by taking a cold shower, placing a cold cloth around your neck or putting your feet in cold water.

Find places to cool down. If you have a basement, prepare it to be a place for you and/or your family to do regular activities like working, playing and sleeping. **Local cooling centres and air-conditioned businesses can be places of refuge.**

Keep indoor air temperatures cooler than outdoor temperatures. Stay in air-conditioned spaces if possible. In unair-conditioned spaces, open windows and blinds during the night to bring in cool air and shut them during the day. Keep your home cool even before the temperatures rise with air conditioning and fans.

Avoid being outside between 10 a.m. and 2 p.m. which are typically the hottest times of the day.

Slow down and move activities indoors. Avoid strenuous activities like working and exercising outdoors for an extended period of time. Bring children in to play. **Limit these activities to before 10 a.m. or after 5 p.m.**

Check on vulnerable people in your community whom you know are at higher heat risk like children, the elderly and the chronically ill. **If you are someone at risk, have a plan in place.**

Think about your pets and livestock—ensure their needs for cool water and appropriate shade are met.