

Be Prepared



Extreme Heat Safety for Seniors

Hot weather can be dangerous, especially for older adults. People aged 65 and over, especially those who live alone or have underlying health conditions, can be more vulnerable during extreme heat. Use this brochure for tips on staying safe during a heat event and for additional resources.

Coquitlam



Resources

Where to Cool Off in Coquitlam

The City offers a variety of places to stay cool, including air-conditioned indoor spaces, outdoor pools and free spray parks. Community members are welcome to visit City Hall and all recreation centres during regular business hours to enjoy a cool indoor environment. Pets are welcome in designated areas of City recreation centres during heat warnings provided they are leashed or in a crate or cage.

Visit coquitlam.ca/WarmWeather for more information.



Contact Info

City of Coquitlam
Emergency Program Office
EmergencyProgram@coquitlam.ca

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Help Keep Seniors Cool

During hot weather, seniors should take extra steps to stay cool, drink fluids regularly and avoid overheating. Regular check-ins from family, friends and neighbours can also help support safety and well-being.

Keep Your Home Cool

- Use fans to help move cooler air during the early morning and evening.
- Do not rely on a fan alone as they do not cool air, they only circulate it.
- Use air conditioning if you have it.
- Close blinds and curtains during the day to block out the sun.
- Close windows during the hottest part of the day, and re-open at night when it is cooler outside.
- Spend time in the coolest room in your home such as a basement or lower floor.
- If temperatures reach 31°C indoors, it is time to relocate to a cool, shady outdoor space, community cooling centre, or with a friend or family who has a cool living space.

Keep Your Body Cool

- Drink water often, even if not feeling thirsty, and eat regularly.
- Take lukewarm showers or baths.
- Apply a cool, damp cloth to face, neck, or wrists.
- Wear light, loose, breathable clothing.
- If you go outside, wear a hat and stay in the shade.
- Lower activity level during the hottest part of the day.

Medications and Heat

Some medications can make it harder for your body to cool down or can increase dehydration. Ask your doctor or pharmacist if your medications increase your heat risk and ask what steps you can take to stay safe.

Prepare for Summer



Pay attention to heat warnings and weather alerts.

- Keep water nearby.
- Keep a thermometer in your home.
- Keep a list of emergency contacts in an easy-to-find place.
- Know where you can go to cool down.

Portable Air Conditioner Program

If you are a current client of your regional health authority's Home Care Program or Mental Health and Substance Use Program, you may be eligible for a free portable air conditioner. Applications are available through BC Hydro's website: BCHydro.com. If you can't apply online or need additional support, call BC Hydro at **1-800-224-9376**.

Never Stay in a Hot Car

- Never stay in a parked car during hot weather.
- Never leave children or pets in a parked car, even for a short time.

Stay Connected

If you live alone, ask someone to check in on you regularly during hot weather. If you have an older family member, friend or neighbour, check-in on them to ensure they have a plan for staying cool, especially if they live alone or do not have air conditioning.

In Case of Overheating

Know the Signs of Heat Illness

Watch for:

- Dizziness
- Extreme thirst
- Fainting
- Headache
- Heavy sweating
- Muscle cramps
- Nausea or vomiting
- Rapid breathing or fast heartbeat
- Trouble concentrating or confusion
- Very dark urine or not urinating very much
- Weakness

What to do if overheated ...

If you or someone else feels unwell from the heat:

- move to a cool place right away,
- drink water if able, and
- use cool water, wet cloths, or a cool shower to lower body temperature.

Call 911 right away if the person is confused, faints, has very hot skin, or if their condition is getting worse.

Stay cool. Drink water. Check in on each other.