

Extreme Heat Resources 2026

Heat Relief Resources

Organization	Address	Description of Resources	Eligibility	Contact
Ann Davis Transition Society – Outreach Office	9046 Young Road	• Water • Snacks • Air Conditioning • Air-conditioned vehicle • Outdoor shade tent	Women Only 19+	604-391-1993
Cyrus Centre	45845 Wellington Avenue	• Water • Electrolytes • Sunscreen • Air Conditioning • Showers (12:30 pm – 7 pm) • Air-conditioned vehicle • Not pet friendly	Youth Only (under 25)	604-795-5773
Griffin Security	Mobile	• Water		604-703-0888
ICM	Mobile	• Harm reduction supplies • Can connect individuals with transportation		778-704-6000
IHART	Mobile	• Water • Sunscreen • Cooling bandanas • Frozen snacks		236-332-1435 (Intake)

		• Transport van with air conditioning • Tuesdays only – Medical van with air conditioning		
MSDPR	45540 Yale Road	• Water • Electrolytes • Lip Balm • Fire suppression supplies		
Pacific Community Resources Society – Office and Outreach	45921 Hocking Avenue and Mobile	• Water • Electrolytes • Snacks & Freezies • Sunscreen • Air Conditioning • 2 transport vans with air-conditioning		604-795-5994
Pearl Life Renewal	N/A	• Water • Electrolytes • Snacks & Freezies • Sunscreen • Air Conditioning	Women Only	604-402-4673
Phoenix Pathways	45857 Trethewey Avenue	• Water • Air Conditioning	Adults 19+ Shelter and Supportive Housing guest only	
RainCity Housing	45944 Yale Road	• Water • Air Conditioning	Adults 19+ Supportive Housing guest only	604-391-1213

Ruth & Naomi's – Shelter	46130 Margaret Avenue	• Extra beds • Water • Sunscreen • Air Conditioning • Showers (sign up) • Meals (open to all ages) • Outdoor shade tent • No animals permitted on site	Adults 19+	604-795-2322 Ext. 401
Salvation Army	45746 Yale Road	• Water • Snacks • Sunscreen • Aloe Vera gel • Air Conditioning • Showers (8 am - 11 am and 1 pm – 3 pm) • Community Lunch (with cooling fans) • Pet friendly	Adults 19+	604-703-4524
Wilma's Transition Society	101 - 7075 Vedder Road	• Water • Snacks		604-705-2064

*** All information in this document is provided for reference only and may be updated or revised without notice.***

BCH Extreme Weather Response Program

<https://www.bchousing.org/housing-assistance/homelessness-services/extreme-weather-response>

Fraser Health Extreme Heat Resources

*See attached

<https://fraserhealth.patienteduc.ca/permalink/600546>

<https://fraserhealth.patienteduc.ca/permalink/747097>

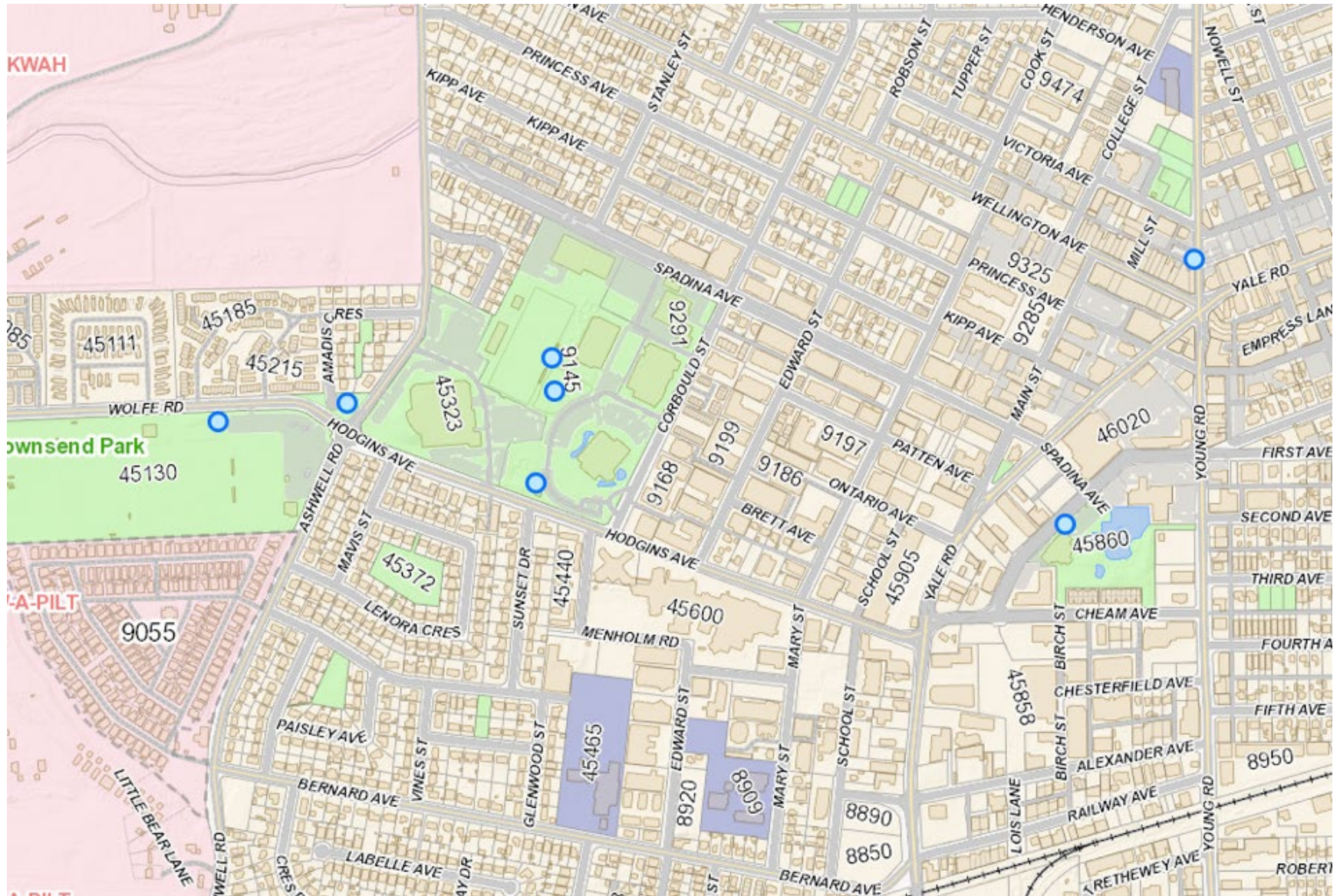
Other Resources

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/know-your-hazards/severe-weather/extreme-heat#before>

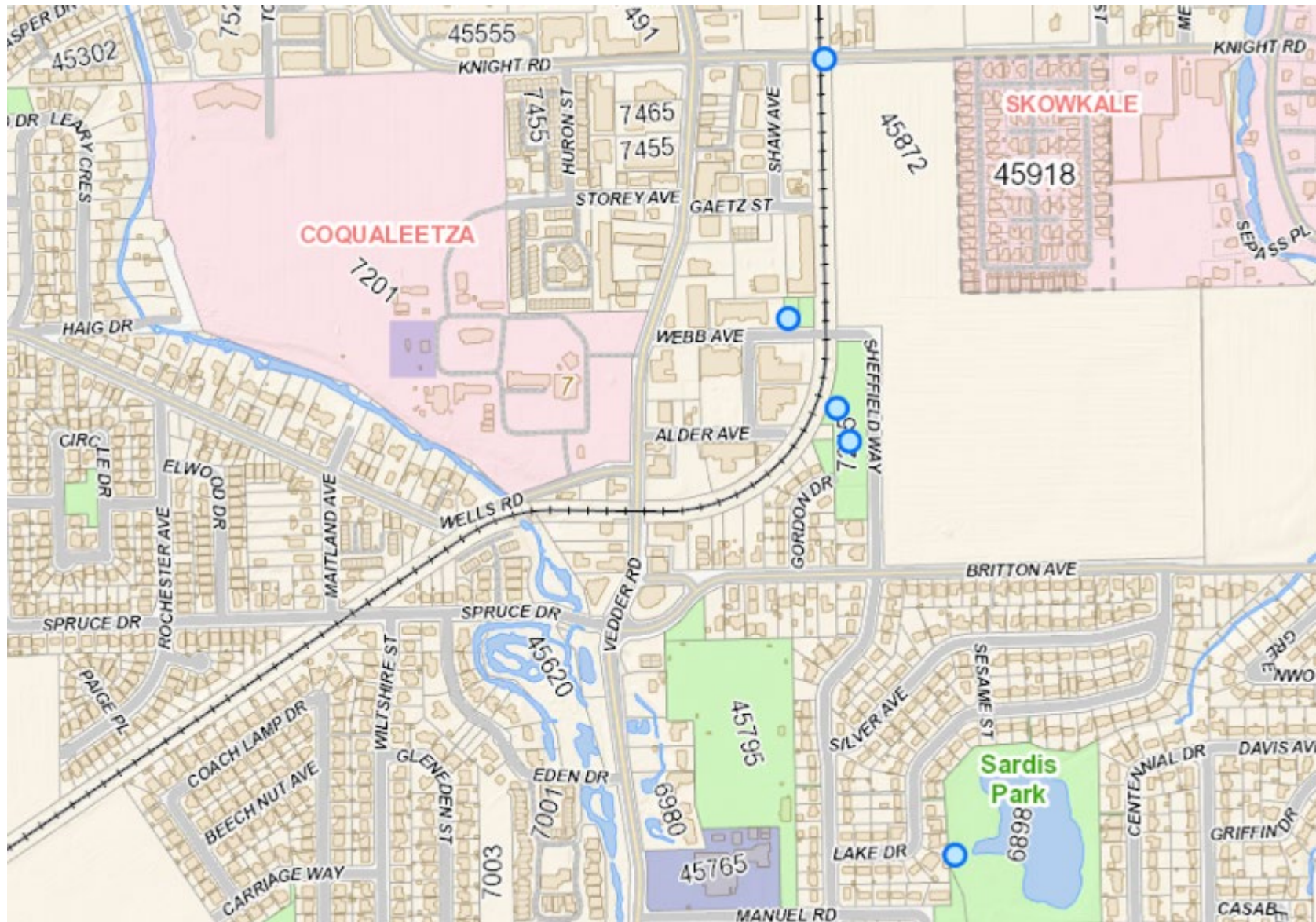
<https://www.fnha.ca/what-we-do/environmental-health/extreme-heat>

<https://maps.chilliwack.com/b/>

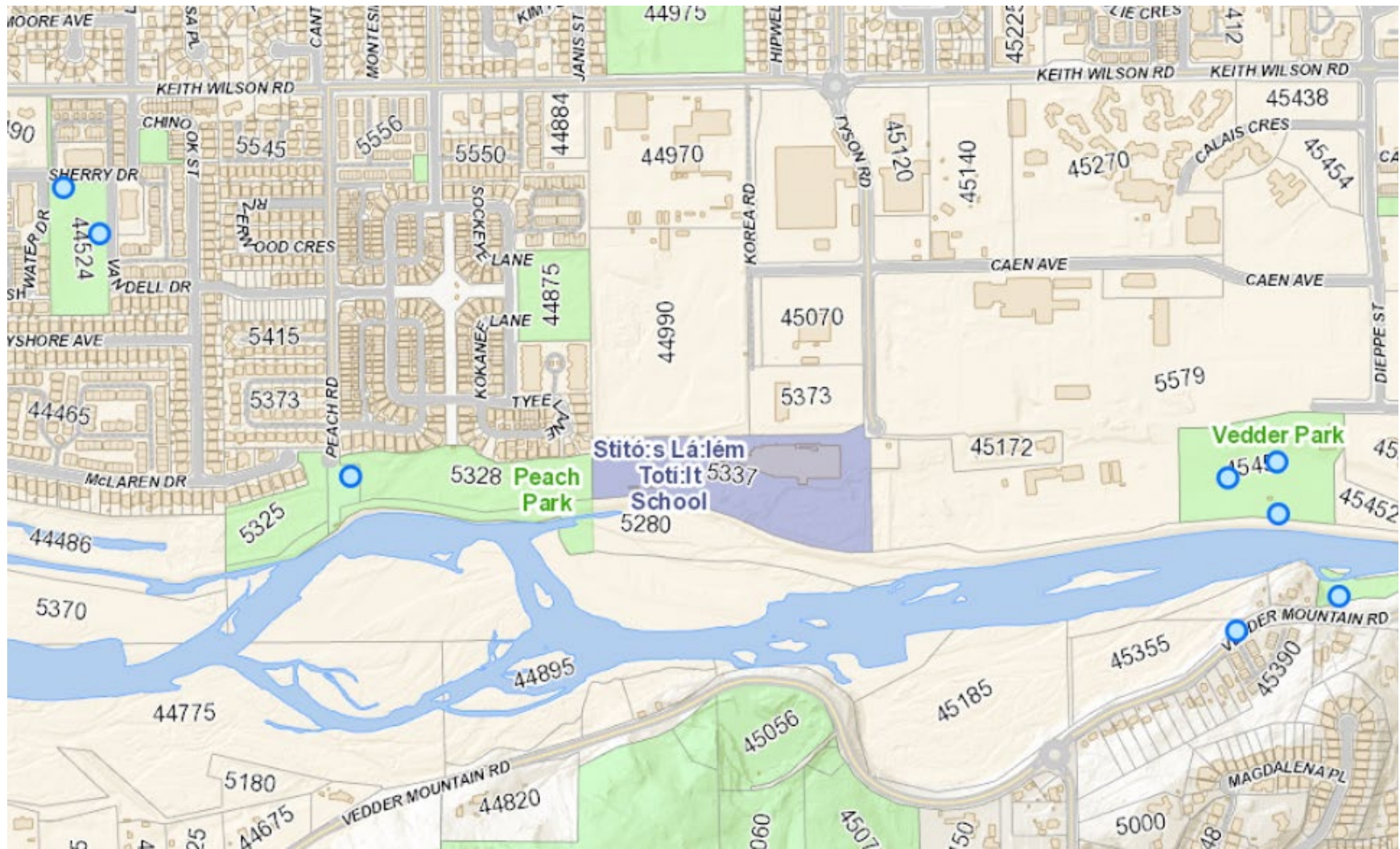
Downtown Drinking Fountains



Midtown Drinking Fountains



Sardis Drinking Fountains





Summer Heat Safety for Seniors and People with Medical Conditions

How can extreme heat affect my health?

Extreme heat can affect your health in a number of ways. It can cause heat-related illnesses such as heat exhaustion and heat stroke. It can worsen any existing health conditions. In extreme situations, it can result in permanent disability or death.

Who is more likely to have problems and why?

The people more likely to have problems with extreme heat are:

- older adults
- people without air conditioning
- people who don't leave their home often because of mobility, social anxiety, or other challenges
- people with chronic health conditions such as kidney, heart, or lung disease

During extreme heat, our bodies work hard to keep us cool. This effort can put added strain on the body when a person has a medical condition, making the medical condition worse. As we get older, our bodies might not sense that we are overheating. For these reasons, we need to pay extra attention.

Some medicines can interfere with your body's natural ability to get rid of heat, increasing the chances of overheating and dehydration. The sun and heat has a stronger effect on your body if you take any of these types of medicines:

- angiotensin-converting-enzyme (ACE) inhibitors
- anticholinergics for chronic obstructive pulmonary disease (COPD), urinary incontinence, or overactive bladder
- beta blockers
- calcium channel blockers
- diuretics
- vasoconstrictors
- medicines for mental health such as antidepressants, anxiolytics, phenothiazines, lithium, antipsychotics, benzodiazepines, etc.

If you take any of these types of medicines, ask your doctor or pharmacist how you can prevent stronger effects during extreme heat.

What can I do to stay safe?

Before the heat season

- Make a plan for checking in with family or friends each day during days of extreme heat.
- Consider getting heat-reducing window coverings or awnings. If possible, install air conditioning or a heat pump. There might be government rebates for cooling systems.

During extreme heat

- Stay up-to-date - weather can change quickly.
 - Tune in to local weather forecasts and alerts.
 - Use a weather app like WeatherCAN.
 - Check with your city for cooling centre locations.
- Keep your home cool, between 22°C and 26°C.
 - Try to limit how much you use your oven or stove.
 - Keep windows and curtains or blinds closed.
 - Place a fan in front of an open window when it is cooler outside than inside to pull cool air in.
- Drink more water, even when you do not feel thirsty. Leave a glass by the sink as a reminder.
- Stay in the coolest part of your home.
- Take lukewarm baths to cool down. Even footbaths can help.
- If you have a window air conditioner, place in a room you can close off from the rest of your home. Use the room as your cool space.

If it is 31°C or higher indoors, this is dangerous.

- Go somewhere that is cooler.
Examples:
 - the home of a friend with a basement
 - the home of family with air conditioning
 - a shaded park
 - a pool
 - cooling centre in your community

Did you know?

Fans cannot lower your body temperature or prevent heat illnesses. Never rely on fans as the only way to cool your home during extreme heat.

Temperatures inside stay higher longer than outside, exposing you to extreme heat for longer.

You need to spend a few hours in a cool place to lower your body temperature. When in a cool place only for a short time, you might feel cooler on the outside but your body has not yet cooled down on the inside. There is still a chance you could get a heat illness.

What are the signs of heat illness?

The signs depend on how hot the body is and how long the body has been hot.

Heat exhaustion and heat stroke are severe signs of heat illness.

Early signs of heat stress:

- stinging, itchy skin, sometimes called "prickly heat"
- red rash
- muscle spasms

Signs of heat exhaustion:

- heavy sweating
- cool skin
- feeling dizzy or faint
- feeling sick or throwing up
- fast heart beat and breathing
- headache
- trouble concentrating
- muscle cramps or pain
- extreme thirst
- very dark urine and going less often

Signs of heat stroke:

- high body temperature
- very hot, red, and dry skin
- feeling very dizzy or fainting
- confused
- less coordinated

Extreme heat and looking after those most susceptible

Before the heat season

- Make sure they have a thermometer in their home.
- Help them create a cool space in their home where they can stay cool if temperatures rise.
- If they do not have a cool space in their home:
 - Make a plan for them to stay with family or friends.
 - Find an air-conditioned spot close by where they can go to and cool off for a few hours during hot days.

During extreme heat

- Check on the senior at least 2 times a day.
- Try to see the senior in-person at least once a day.
- Suggest drinking lots of water.
- Suggest taking lukewarm baths often.
- Ask yourself:
 - *Are they drinking enough water?*
 - *Do they know how to keep cool?*
 - *Do they have access to a cool place or air conditioning?*
 - *Do they show any signs of heat illness?*

Anytime someone shows signs of heat illness:

- Try to move the person to a cool place.
- Give them plenty of water.
- Cool the skin down with water or place the person in cool water.
- **Call 9-1-1 or take the person to the nearest Emergency Department** if they are having a medical emergency including signs of heat stroke.

For more information on heat safety,
visit [fraserhealth.ca/heatsafety](https://www.fraserhealth.ca/heatsafety).

EXTREME HEAT

Some people are more affected by the heat than other people. Those who may need extra care include people over age 60, people who live alone, people with certain health conditions or disabilities, people who use substances, people on certain medicines, people who are pregnant, and young children.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs: **Call 9-1-1**

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



The best way to prevent a heat-related illness is to spend time in a **cool space**.



Cool Off

- Go somewhere with air conditioning such as a library, community centre, café, or someone else's home.
- Cool off with water. Take a cool shower. Sit in or put your feet and legs in a cool bath. Wear a wet shirt. Put damp towels on your skin.
- Never rely on fans as the only way of cooling your body during extreme heat. Fans cannot directly lower your body temperature or prevent heat illnesses.



Keep the space cool

- Keep shades and blinds closed during the day.
- If you have air conditioning, keep windows closed to trap cooler air inside.
- If you don't have air conditioning, open windows at night to let cooler air in. Use fans in front of open windows to pull cooler air from outside into your home.



Check-In

- Notice how you feel and watch for signs of heat illness in those around you.
- Monitor the indoor temperature.
- At least 2 times a day, check in on those at risk for heat illness.



Dress for the heat

- Wear clothing that is loose-fitting, light-colored, and breathable.



Hydrate

- Drink plenty of water.
- Offer water often to those in your care.



Plan ahead and stay informed

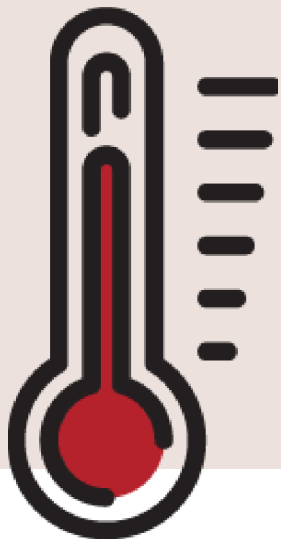
- Check the weather forecast and latest heat alert information. Take it easy during the hottest times of the day.



Find out more about heat-related illness, preparing for the heat season and staying healthy in the heat: fraserhealth.ca/heatsafety

MAY
2023

During the summer months both heat and wildfire smoke can be a health concern. Find out more about air quality: fraserhealth.ca/health-topics-a-to-z/air-quality



PREPARE FOR EXTREME HEAT EVENTS

Housing and shelter service providers play an important role to keep people safe during extreme heat.

Is your organization ready?

Here are some ideas to help you support people.

Before a heatwave

Prepare *before* the first heatwave of the season

- Make an action plan to communicate and mobilize the Provincial Health Alert Response System, a public heat warning and extreme heat emergency alerting system.

Gather supplies to make extreme heat kits

- Bottled water
- Cups
- Large basins or water jugs
- Ice packs and ice
- Plastic bags
- Towels
- Misting bottles
- Fruit and vegetables

- Taxi vouchers
- Tin foil
- Take Home Naloxone kits
- First aid supplies
- Lightweight clothing
- Sunscreen
- Indoor and body thermometers

Identify people at higher risk

- Make a list of people at higher risk and plan to check-in with them regularly:
 - People who use substances
 - People with chronic conditions and/or mental illness
 - People who are isolated
 - Elderly

Learn how to recognize heat-related illness

- Symptoms include: dizziness, thirst, heavy sweating, nausea, weakness, confusion, or loss of consciousness.
- Heat exhaustion can lead to heat stroke. Heat stroke can cause death or permanent disability if it is not treated.

During a heatwave

Use air conditioning units to cool communal areas

Check on people at higher risk at least twice a day

Give out **extreme heat kits** and other supplies

Measure indoor temperatures, especially at night

- If indoor temperatures are 31°C or more, move people to cooler areas.

Additional notes:

- People who use substances are at higher risk of heat-related illness.
- Some medications can make it hard for the body to regulate temperature. Talk with a pharmacist or doctor to learn more.
- When extreme heat lasts for several days, people's mental health may be affected. Look for signs of increased:
 - Irritability
 - Psychological distress
 - Aggression or violence
 - Suicidal thoughts

Important heat resources

- Fraser Health: [Extreme Heat and People Experiencing Homelessness](#)
- Health Canada: [Infographic: Staying Healthy in the Heat](#)
- [Toward the Heart](#)
- [Extreme Heat Preparedness Guide](#)

Prepare for Extreme Heat: A Guide for People Who Use Substances

An extreme heat event can be dangerous to your health.

Substances can make you more sensitive to extreme heat.

- **Stimulants** (cocaine, crack, or meth) can increase your body temperature and make it harder to cool off.
- **Opioids** (heroin, fentanyl) can make it hard to feel hot and take action to protect yourself.

Symptoms from extreme heat can last a long time.

- People usually experience health effects during a heatwave, but some people might have symptoms that last weeks or months.

It is important to be prepared for extreme heat events.

Make an extreme heat kit

- | | | |
|------------------------------|------------------------|--------------------------------|
| • Bottled water | • Towels | • Misting bottles |
| • Cups | • Sunscreen | • Take Home Naloxone kits |
| • Large basins or water jugs | • Fruit and vegetables | • First aid supplies |
| • Ice packs and ice | • Taxi vouchers | • Lightweight clothing |
| • Containers to hold ice | • Tin foil | • Indoor and body thermometers |

**There may be barriers to getting these supplies.
Find what you can and reach out for support.**

Make a plan

- Know where to get drinking water.
- Find cooling centres, public places with A/C, or outdoor shaded areas if possible.
- If you have A/C, check that it works.
- Talk with neighbours and friends and plan to check on each other.
- Gather enough harm reduction supplies.
- Ask a pharmacist:
 - If any of your medicine will affect how your body handles extreme heat,
 - if you can get extended carries to last through the heat and a few days after.

Know when to get medical help

Heat exhaustion can lead to heat stroke

You might feel:

- Dizzy
- Thirsty
- Very sweaty
- Nausea
- Weakness

Heat stroke can cause disability or death

You might feel:

- Confusion
- Loss of consciousness

For both heat exhaustion and heat stroke: ACT FAST

- Move to a cooler area
- Loosen clothing and remove layers
- Cool off with water or ice



**Heat stroke is a medical emergency!
Call 9-1-1 or seek medical attention!**

Extreme heat and mental health

Extreme heat for several days can affect mental health.

Get medical care for more:

- Irritability
- Psychological distress
- Aggression or violence
- Suicidal thoughts

**Safer substance use during extreme heat
may help prevent heat illness.**

Stimulants cocaine, crack, meth	Opioids heroin, fentanyl	Alcohol liquor, beer, coolers
• Increase your body temperature • Make it harder for your body to cool off	Make it hard to: • feel the effects of heat • take action to protect yourself	• Dehydrating • Large amounts can make it harder for your body to cool off

Try these harm reduction tips during extreme heat

- **Be aware** of how different substances affect your body during extreme heat.
- **Find a friend** so you can take care of each other.
- **Close window coverings** during the day and open windows at night.
- **Do not stay inside if it is very hot** (above 31°C). Move to a cool, shaded area.
- **Find a nearby cooling centre**, overdose prevention site, shaded park, pool, or beach to cool off.
- **Carry naloxone.**
- **Stagger use.** Take some time between doses.
- **If you are drinking alcohol:**
 - Choose drinks with lower alcohol content (beer or coolers).
 - Mix hard liquor, like vodka or whiskey, with a hydrating fluid (Gatorade, orange juice).
 - Drink non-alcoholic fluids (water or juice) between alcohol beverages.

**You may not be able to follow all of these tips.
Do what you can and reach out for support.**

WILDFIRE SMOKE

Some people are more affected by smoke.

People who should take extra care: people with chronic health conditions, people with lung infections, people who are pregnant, people over 65 years old, and young children.



Common Signs

- Sore throat
- Irritated eyes
- Runny nose
- Mild cough
- Coughing up thick, sticky phlegm
- Headaches
- Wheezy breathing

More Severe Signs

- Short of breath
- Severe cough
- Feel dizzy
- Fast heartbeat
- Chest pain

Anyone with these signs needs medical help.



The best way to protect your health is to
reduce your exposure to wildfire smoke.



Plan ahead Stay informed

- Check the latest local air quality readings and advisories regularly.



Hydrate

- Drink plenty of water.
- Offer water to those in your care.



Check-In

- Pay attention to how you feel.
- Watch for signs of smoke effects in those around you.

Relocate

- Go to local libraries, community centres, or other public spaces that have central air conditioning and cleaner air.



Reduce Exposure

- Reduce outdoor physical activities.
- Stay indoors when smoke is heavy.



Cool and Filter

- Filter indoor air using portable HEPA air filters.
- Keep windows and doors closed during high smoke times.
- On hot days
 - Keep the temperature indoors at a comfortable level. Extreme heat can be a danger to your health.
- Use energy efficient, mechanical cooling along with portable air cleaners to create cool spaces with clean air.



During the summer months both wildfire smoke and heat can be a health concern. Find out more about air quality: fraserhealth.ca/airquality

JULY
2022

Find out more about heat-related illness, preparing for the heat season, and staying healthy in the heat: fraserhealth.ca/heatsafety