

## Beat the Heat

During the summer months, the temperatures in British Columbia can exceed 30°C (86°F), sometimes reaching the mid to high 30's in some parts of the province. Too much heat can be harmful to your health and cause heat related-illnesses.

Heat-related illness is the result of your body gaining heat faster than it can cool itself down. Those at increased risk for heat-related illness include: infants and children, people 65 years of age or older, and people who do a lot of physical activity or work in a hot environment. In most cases, heat-related illnesses can almost always be prevented.

Learn more about heat-related illness and get tips on how to stay cool when it's warm outside.

### Heat-related Illness

When it's hot outside, it can be easy to become dehydrated or suffer from a heat-related illness. Click on the links below to learn how you can beat the heat, and keep your family safe and healthy.

- [Dehydration](#)
- [Heat-related Illness \(HealthLinkBC File #35\)](#)
- [Heat Rash](#)
- [Sun Safety for Children \(HealthLinkBC File #26\)](#)
- [Ultraviolet Radiation \(HealthLinkBC File #11\)](#)

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### Heatstroke

Heatstroke is a life-threatening medical emergency. Call **9-1-1** or other emergency medical services as soon as you suspect or see the signs of heatstroke in an individual. Click on the links below to learn more about heatstroke.

- [Emergency First Aid for Heatstroke](#)
- [Heatstroke: Emergency Symptoms](#)
- [Heatstroke Prevention: What to Wear](#)

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### Places to Keep Cool

When it's too hot outside, many public places and municipal buildings will offer you a chance to cool down. Local community centres, malls, pools and libraries usually have air-conditioned areas open to the public. Many communities have waterparks, wading pools and beaches where you can cool down.

Local government websites often list community centres, fountains, libraries, swimming pools, water parks and wading pools:

- [Civic Info BC: Municipalities](#)

You can also find listings for libraries:

- [BC Government: Find Your Public Library](#)

## Useful Websites

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### Government of Canada

Heat waves are becoming more common in many places of Canada, including British Columbia. Read more in the links below.

- [Extreme heat: heat waves](#)
- [First aid advice for sunburn and heat illness](#)

### Public Weather Alerts for British Columbia

When severe weather threatens, Environment Canada issues alerts that notify those in the affected communities.

- [Public Weather Alerts for British Columbia](#)
  - [Alerts for: Metro Vancouver](#)
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### Workplace health and safety

When you work outdoors or indoors in environments with high temperatures such as bakeries, smelters, or restaurant kitchens, you are at risk for heat stress and other health concerns. Learn more about hot environments, how it affects you and ways to prevent heat stress at work.

- [Canadian Centre for Occupational Health and Safety – Hot environments](#)
- [Worksafe BC – Heat Stress](#)

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For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.