

# HEAT PREPAREDNESS

## Is Your Facility Prepared?



### Summer Is Approaching...

In the summer of 2021, Environment Canada issued multiple heat warnings throughout the province of British Columbia.

The Island Health region experienced daily temperatures of over 40 degree Celsius causing serious health and safety risks within our communities.

Community Care Facilities Licensing is committed to ensure Licensees are proactive and prepared for the upcoming summer heat.



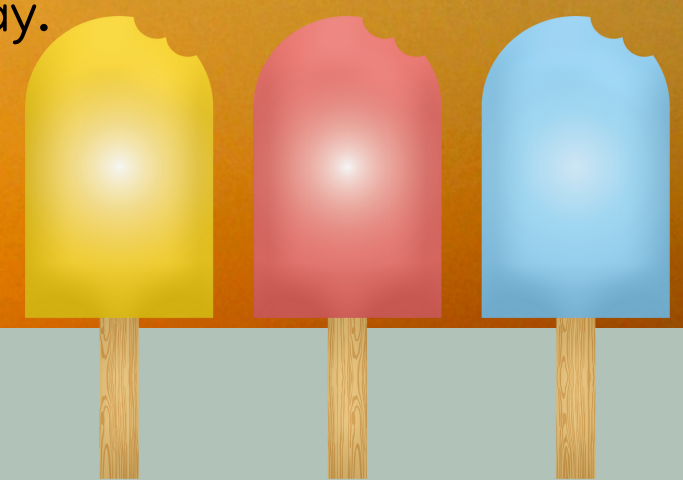
### Watch for symptoms of heat illness

- dizziness or fainting
- nausea or vomiting
- fatigue and weakness
- extreme thirst, heavy sweating
- pale, cool, moist skin
- muscle cramps, headache, rash
- rapid breathing and heartbeat
- decreased urination with unusually dark yellow urine

### Getting Prepared in Residential Care

To ensure your site is prepared to respond to heat emergencies, it is important to have a plan in place. Please see below for some important points to consider as you develop your preparedness plan.

- Create a Heat Preparedness Policy and ensure all staff are trained and knowledgeable;
- Provide staff training on extreme heat emergency measures;
- Increase frequency of checks on persons in care during hot days;
- Increase frequency of hydration rounds for persons in care;
- Increase frequency of rest and water breaks;
- Drink plenty of water; ensure access to water; create shade/cooling stations (fans, air conditioners, ice-water baths/showers);
- Ensure fans, air-conditioners and HVAC systems are regularly maintained and in working order ahead of time;
- Continue to monitor indoor temperature to modify preparedness plan when necessary;
- Block direct sun with blinds and shutters; increase air flow where possible;
- Have popsicles on hand; consume foods with higher water content including fruit and vegetables; store and prepare food with extreme heat in mind;
- Wear light-colored, loose fitting, breathable clothing; wear hats;
- Ensure sunscreen is applied to all persons in care when outside as need;
- Reduce strenuous activity during periods of extreme heat; plan physical activities for cooler parts of the day;
- Never stay in a parked car on a hot day.



### Resources

- ✿ BC Heat Impacts Prediction System (BCHIPS), BCCDC
- ✿ Heat Safety, Island Health
- ✿ Heat-Related Illness, HealthLinkBC
- ✿ Health Facilities Preparation for Extreme Heat: Recommendations for Retirement and Care Facility Managers, Government of Canada
- ✿ Wildfire Smoke, BCCDC
- ✿ Wildfire Smoke and COVID-19 in Long Term Care



**Community Care Facilities Licensing Program**

Victoria Ph: 250.519.3401 | Nanaimo Ph: 250.739.5800

Courtenay Ph: 250.331.8620 | Campbell River Ph: 250.850.2110

<https://www.islandhealth.ca/our-services/community-care-facilities-licensing>

May 2022

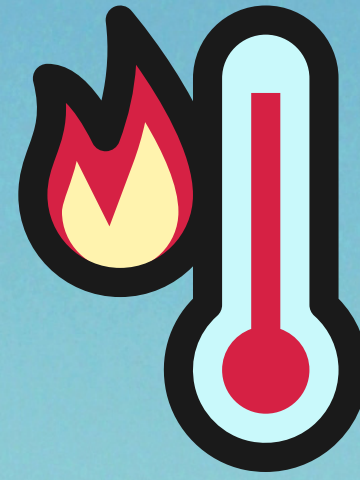


# Heat Preparedness Considerations

To ensure your site is prepared to respond to heat emergencies, it is important to have a plan in place. Please see below for some important points to consider as you develop your preparedness plan.



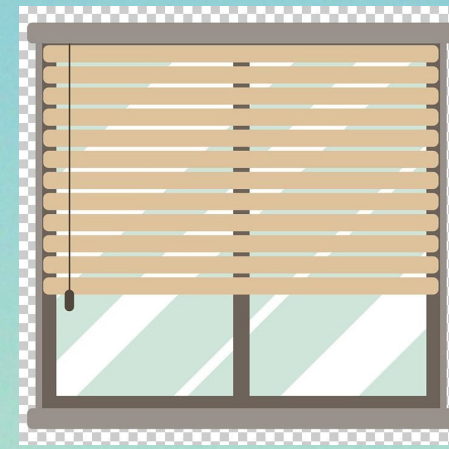
Create a Heat Preparedness Policy for your facility



Monitor indoor temperatures regularly and modify preparedness plan if necessary



Ensure staff are trained and knowledgeable on facility policies, responding to emergencies and identifying heat responses for persons in care



Block direct sun with blinds, shutters or reflective material; increase air flow where possible



Increase frequency of hydration rounds and visits with persons in care



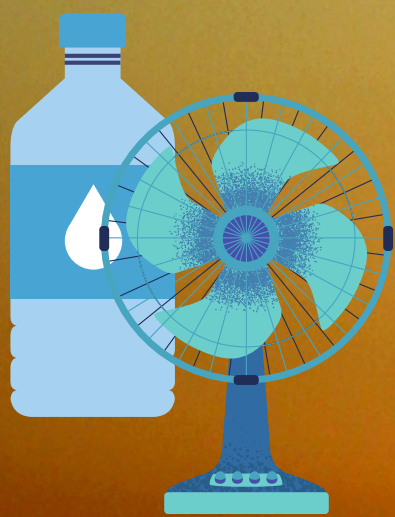
Have cool refreshments available such as popsicles, fruit and veggies with higher water content



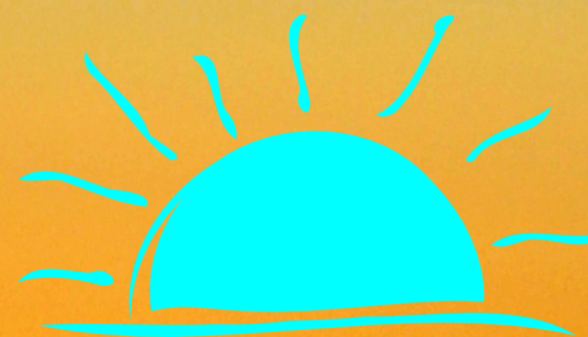
Increase frequency of rest and water breaks



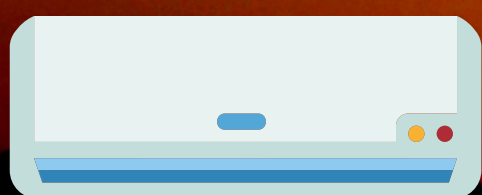
Wear light-coloured, loose fitting clothing and hats; ensure sunscreen is applied to all persons in care when outside



Drink plenty of water and ensure access to water; create shade and cooling stations with fans or air conditioners



Plan physical activities for cooler parts of the day



Ensure fans, air-conditioners and HVAC systems are regularly maintained and in working order ahead of time



Never stay in a parked car on a hot day

