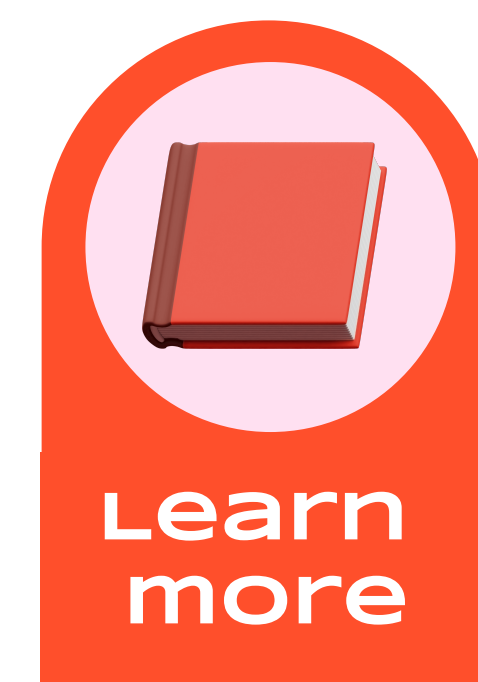


District of Chetwynd, West Moberly First Nations & Saulteau First Nations

Extreme Heat Risks & Actions

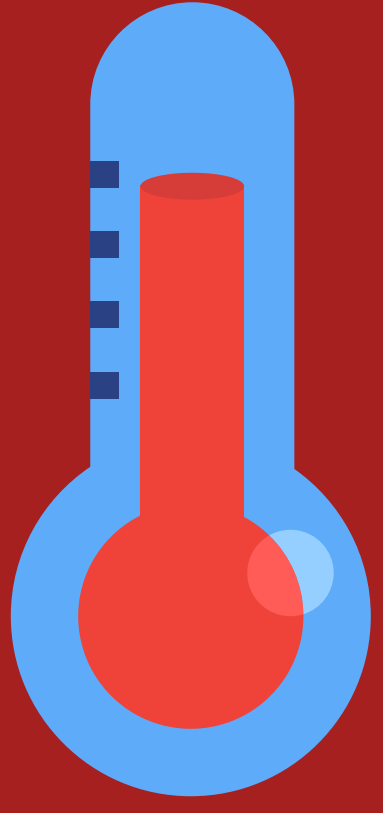


For more information about the Extreme Heat Assessment & Report, visit: gochetwynd.ca

"Extreme Heat"

VS

"Hot Weather"



Although closely related, extreme heat and hot weather are not synonymous concepts. Extreme heat refers to **unusual, prolonged period of hot weathers that persist from day to night-time.**

In the summer of 2021, BC faced an unprecedented extreme heat event. Many communities experienced temperatures up to 20°C above normal, causing more than 600 heat-related deaths across the province.

Extreme Heat: Main Risks

- ① Heat illness including heat rash, heat stroke, heat exhaustion
- ② Cardiovascular or respiratory complications
- ③ Mental health impacts including trauma, anxiety, and depression
- ④ Economic losses and reduced labour productivity
- ⑤ Natural disasters like drought, flooding, and wildfires
- ⑥ Agricultural losses, and impacts to indigenous food systems

WHAT CAN BE DONE? ACTIONS FROM OUR COMMUNITIES

- ① Incorporate Extreme Heat planning into community emergency plans
- ② Educating the community about the risks of extreme heat
- ③ Notify community members when an extreme heat event is occurring
- ④ Open cooling centres & communicate their locations to the public



Who is at risk?

Some people are more vulnerable to extreme heat than others

- Elderly and children
- People with pre-existing health conditions
- People with disabilities
- People with insecure housing
- Pregnant people
- Outdoor workers and athletes



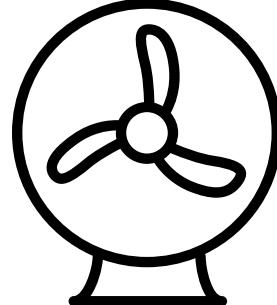
Remember! If you feel unwell during extreme heat, call 911 or visit your nearest health centre!


What can individuals do?

To Do: Extreme Heat

- Sign up for extreme heat notifications
- Go to cooling centre or splash pad
- Check in on vulnerable friends & family

FIND YOUR COOLING CENTRE



-  **District of Chetwynd**
Chetwynd & Area Recreation Centre
4512 N Access Rd, Chetwynd, BC
(250) 788-2214
-  **West Moberly First Nations**
Cooling Centre under construction, please go to Chetwynd Rec Centre (see above)
-  **Saulteau First Nations**
Cultural Center
1706 Boucher Lake Road, Moberly Lake, BC
(250) 788-3955

