



Time to hydrate

# Heat Preparedness

## Is Your Child Care Facility Prepared for the Summer Heat?

In the summer of 2021 and 2022, Environment Canada issued multiple heat warnings throughout the province of British Columbia causing serious health and safety risks within our communities.

The months of May and June in 2023 have already brought unseasonably warm temperatures across the Island Health region with temperatures reaching close to 30 degrees Celsius. More warm weather is expected to continue.

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



KEEPING  
KIDS  
COOL

### Signs & Symptoms HEAT EXHAUSTION & HEAT STROKE

#### Heat Exhaustion

- 37 C to 40 C (98.6 F to 104 F)
- Headache, Fatigue, Dizziness
- Muscle Cramps
- Nausea
- Pale, Moist Skin
- Weak Pulse

#### Heat Stroke

- 40 C (104 F) and above
- Confusion, Unconsciousness
- Seizures
- vomiting
- Warm, Dry Skin
- Fast & Strong Pulse
- Rapid Heart Rate

Coma & Death Possible

#### First Aid Guide

- Move to a cool place and rest
- Remove excess clothing
- Fan skin
- Place cool cloths on skin
- Drink cool water if fully conscious

#### First Aid Guide

- Call local emergency number
- Move to a cool place and rest
- Remove excess clothing
- Drench skin with cool water
- Place ice bags on the armpits

## RESOURCES

Click on title to view links!

- BC Heat Impacts Prediction System (BCHIPS): BCCDC
- Extreme Heat Preparedness Guide: Government of BC
- Heat-Related Illness HealthLinkBC
- Heat Safety Island Health
- Health Facilities Preparation for Extreme Heat: Recommendations for Retirement and Care Facility Managers: Government of Canada
- Wildfire Smoke BCCDC

### CONTACT US

**Community Care Facilities Licensing**

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# What is your plan?

## Preparing for Summer Heat Considerations



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



**Create a Heat Preparedness Policy for your facility**

**Drink plenty of water and ensure access to water**

**Create shade and cooling stations outdoors**

**Increase frequency of rest and water breaks**



**Ensure staff are trained and knowledgeable on facility policies and able to identify and respond to heat emergencies for children in care**

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

**Ensure fans, air-conditioners and HVAC systems are regularly maintained and working**

**Plan physical activities for cooler parts of the day**



**Wear sunscreen, hats, and light, loose fitted clothing**

**Create cooling stations inside**

**Close blinds and shutters to block direct sun**

**Never stay in a parked car on a hot day**