

## 4. LEVEL 1 HEAT WARNING

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### LEVEL 1 – HEAT WARNING

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#### TRIGGER

The ECCC will issue a heat warning through the [weather alerts webpage](#) or the [WeatherCAN app](#) when the following criterion is met:  
**Daytime maximum temperatures are Forecasted to reach or exceed 35°C for 2 consecutive days AND the overnight minimum temperature is ≥18°C**

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#### Checklist

See Heat Warning Checklist on the following page

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#### Internal Key Messaging

- The ECCC has issued a Heat Warning for <geographic area> due to daytime expected maximum temperatures of 35°C or warmer and nighttime minimum temperatures of 18°C or warmer
- The Heat Warning may evolve into an Extreme Heat Emergency
- Review the current Tk'emlúps heat risk reduction strategies in place in order to provide consistent key messaging to the public
- Be aware of heat illness sign and symptoms
- Monitor the [ECCC weather alerts webpage](#) and/or the [WeatherCAN app](#)
- Adjust work schedules to the cooler part of the day as appropriate for the location and type of work
- The EOC has been activated at <insert address>
- A Cooling Centre has been opened at <insert address> with operating hours: <insert hours of operation>
- Review the Community Partner Level 1 Heat Warning Checklist if applicable

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#### Community Partner Key Messaging

- The ECCC has issued a Heat Warning for <geographic area> due to daytime expected maximum temperatures of 35°C or warmer and nighttime minimum temperatures of 18°C or warmer
- A Cooling Centre has been opened at <insert address> with operating hours: <insert hours of operation>
- Additional community resources include <list available options>
- Consider rescheduling services and major events to cooler times of day, especially outdoor activities
- Review the Community Partner Level 1 Heat Warning Checklist
- The EOC has been activated at <insert address>
- To access communication materials for distribution, contact the EOC at <insert contact number>

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#### Public Key Messaging

See Heat Warning News Release Template

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# Heat Warning Checklist

## EOC DIRECTOR

- Review relevant EOC Director checklists
- Consider activating a Liaison Officer and Information Officer
- Consider requesting liaisons from City of Kamloops, BCHES and IHA be present in the EOC
- Brief Chief and Council on response efforts, cooling centre and transportation details, and key messaging

## LIAISON OFFICER

- Review relevant liaison officer checklists
- Establish contact with / send key messaging to EHE community partners – EHE community partner list [Appendix 1](#)
- Consider the need to schedule regular local conference calls at an appropriate frequency

## INFORMATION OFFICER

- Review relevant information officer checklists
- Confirm level 1 heat warning key messaging with EOC Director
- Contact neighboring communities / regional district IOs to advise, confirm key messaging, and release joint messaging
- Issue heat warning key messaging to staff, responding agencies, supporting community partners, and the public see [section 5.5](#) extreme heat communications
- Promote heat health safety as well as signs and symptoms of heat illnesses health (e.g., how to identify heat illnesses, ways to stay cool) and where to monitor for up-to-date information
- Distribute heat health communication materials
  - Distribute [Health Canada's Staying Healthy in the Heat Poster](#)
  - Distribute [HealthLink BC Heat-related Illness pdf](#)

## OPERATIONS SECTION CHIEF

- Review relevant operations section checklists
- Consider extending hours of operation of pre-existing cool public facilities and reducing entry fees
- Coordinate public water fountains, if applicable
- Reschedule all non-essential outdoor events or events in venues without air conditioning
- Check in with supporting community partners
  - Encourage re-scheduling all non-essential outdoor events or events in venues without air conditioning to cooler parts of the day
- Review relevant operations section checklists
- Confirm heat risk reduction strategies with the planning section
- Work with the planning and logistics sections to implement heat risk reduction strategies
- Confirm key messaging before checking in with supporting community partners

# Heat Warning Checklist cont'd

## OPERATIONS SECTION CHIEF

- Collect information regarding other heat risk reduction services and resources being offered in the community and share with plans
  - Request feedback on current/ongoing challenges
- Participate in the EMCR coordination call

## PLANNING SECTION CHIEF

- Discuss / confirm heat risk reduction strategies with the General team:
  - The need to conduct a community partner conference call (If yes, go to the Extreme Heat Emergency Community Partner Coordination Call Checklist below)
  - Extend hours of operation of pre-existing cool public facilities and reducing entry fees
  - The need for a cooling centre
    - Free door-to-door transportation to cooling centre facilities
  - Request that all non-essential outdoor events or events in venues without air conditioning be rescheduled to cooler parts of the day
  - Delivery service for groceries and medication if relevant
  - Activate portable public water fountains, if applicable
- Monitor the ECCC Weather Alert Page and/or WeatherCAN App
  - [Government of Canada North Okanagan Air Quality Health Index](#)
- Consider the need for an advance planning unit
  - Monitor, assess, and plan for potential conflicting priorities (e.g., air quality concerns, wildfire evacuation alerts/orders, power outages, public health concerns, and long-term staffing)
  - Develop contingency plans as necessary
    - Consider the need for an overnight cooling centre for vulnerable residents

## LOGISTICS SECTION CHIEF

- Review relevant EOC logistics section checklists
- Work with Operations and Planning to identify and source resources required and anticipated

## FINANCE SECTION CHIEF

- Review relevant EOC finance section checklists
- Review EMCR eligibility for heat emergency table in [Appendix 12](#)



[Date: Month, day, year]

MEDIA CONTACT: Name, Title

## Heat Warning Notification

### For Immediate Release

Tk'emplups te Secwépemc would like to advise residents a Heat Warning is in effect. Residents are encouraged to:

- Spread the word. Check in with friends, neighbours, and family who might require assistance during heat events.
- If you have any health questions or concerns, please go directly to an urgent care provider or call 8-1-1, for free-of-charge health information and advice
- Be prepared to change your routine. If outdoor tasks are required, consider performing them before 11am or after 5pm.
- Be aware of how to stay healthy in the heat: <https://www.canada.ca/content/dam/hsc/documents/services/publications/healthy-living/fact-sheet-staying-healthy-heat/fact-sheet-staying-healthy-heat.pdf>
- **Be aware of the signs of heat related illness and what to do:**

#### Heat Exhaustion Symptoms:

- Heavy Sweating
- Cold, pale, and clammy skin
- Tiredness or weakness
- Fast, weak pulse
- Nausea or vomiting
- Muscle Cramps
- Dizziness
- Fainting
- Headache

#### What To Do:

- Cool your body or cool bath)
- Sip water, Avoid caffeine
- Loosen clothes
- Move to a cool place
- If symptoms worsen or last longer than 1 hour, get medical help

#### Heat Stroke Symptoms:

- High body temperature (103°F or higher) Hot, red, dry, or damp skin
- Fast, strong pulse Nausea
- Dizziness
- Fainting
- Headache
- Use the heat buddy system; someone who will check in with you frequently and regularly as well as provide assistance if necessary
- A Cooling Centre has been opened at <insert address> with operating hours of <insert hours of operation>
- Additional community resources include <list available options>
- For more information please monitor:
  - Tk'emplups website:
  - Tk'emplups Facebook:

#### What To Do:

- Call 911 – heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower temperature with cool cloths or cool bath
- Do not give the person anything to drink

[tkemlups.ca](http://tkemlups.ca)  
[Tk'emplups te Secwépemc Facebook](http://Tk'emplups te Secwépemc Facebook)

## TARGETED HEAT WARNING PRINTABLE DOCUMENTS

VULNERABLE POPULATION GROUPS	KEY MESSAGING	URL LINK	DETAILS
Children	Keep Children Cool! Protect Your Child From Extreme Heat	<a href="https://www.canada.ca/content/dam/hc-sc/documents/services/publications/health-living/keep-children-cool-extreme-heat/extreme-heat-brochure-keep-children-cool-en.pdf">https://www.canada.ca/content/dam/hc-sc/documents/services/publications/health-living/keep-children-cool-extreme-heat/extreme-heat-brochure-keep-children-cool-en.pdf</a>	English PDF – Health Canada
Landlords and property managers	Tenant Postcard	<a href="https://www.bchousing.org/sites/default/files/media/documents/wellness-card-for-tenants.pdf">https://www.bchousing.org/sites/default/files/media/documents/wellness-card-for-tenants.pdf</a>	English PDF – BC Housing
General	Heat-Related Illnesses	<a href="https://www.cdc.gov/disasters/extremeheat/pdf/Heat_Related_Illness.pdf">https://www.cdc.gov/disasters/extremeheat/pdf/Heat_Related_Illness.pdf</a>	English PDF – CDC Infographic
Parents and Coaches	Parents' and Coaches' Guide to Dehydration and Other Heat Illnesses in Children	<a href="https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf">https://www.nata.org/sites/default/files/heat-illness-parent-coach-guide.pdf</a>	English PDF – US National Athletic Trainers' Association
Perinatal Population	Safety During Extreme Heat	<a href="https://www.healthlinkbc.ca/sites/default/files/documents/hfile35a_0.pdf">https://www.healthlinkbc.ca/sites/default/files/documents/hfile35a_0.pdf</a>	English PDF – HealthLinkBC
Pet owners	Heat and Pets: Heatstroke and Heat Exhaustion	<a href="https://www.bchousing.org/sites/default/files/media/documents/Heat-and-Pets-HeatStroke-Heat-Exhaustion.pdf">https://www.bchousing.org/sites/default/files/media/documents/Heat-and-Pets-HeatStroke-Heat-Exhaustion.pdf</a>	English PDF – BC Housing

## Extreme Heat Coordination Call Agenda Checklist

*The objective of the coordination call is to bring community partners together to collaborate, share information in an efficient and effective manner, and to help facilitate a collective community response to an extreme heat event.*



**Best Practice:** Identify any specific information requirements from community partners in advance of the meeting and include in the community partner update component

- Offer an introduction/welcome
- Provide an update on the current situation (current and available information). This may include:
  - Information from ECCC (e.g., heat warning or extreme heat emergency)
  - Weather forecast
  - Information from EMCR
  - Regional/Provincial context (i.e., activities)
  - Band actions being taken
    - Resources and services available
  - Any other information that may be relevant to community partners
- Identify any Band concerns
- Call on attendees present (one-by-one) to give a brief update containing the following possible information:
  - Details on resources or services they are provided, if any
  - What is working well
  - Any challenges and potential solutions
  - Any unmet needs (e.g., vulnerable population challenges or concerns)
  - Any other comments, concerns, or questions
- Communicate Key Messaging. This may include:
  - Review and confirm information distribution sources of key messaging from the Band. Consider:
    - Voyent Alert
    - Tk'emlúps Facebook
    - Radio and Television
  - Tk'emlúps website
  - Print media
  - CLC or MSG

- Encourage community partners to regularly reach out to formal and informal contacts, especially those who may be more isolated and potentially vulnerable during an extreme heat event
- Encourage community partners to amplify key messaging through their distribution lists and social media networks
  - Provide opportunity to discuss any final questions and concerns
- Closing Remarks
  - Express appreciation for participants' involvement and contributions
  - Reinforce the importance of their roles in Tk'emlúps extreme heat response efforts
  - Confirm methodology for contacting the EOC with outstanding needs
  - Set timeline for the next coordination call