

6. LEVEL 2 EXTREME HEAT EMERGENCY

LEVEL 2 – EXTREME HEAT EMERGENCY

TRIGGER

The ECCC will issue an extreme heat emergency through the weather alert page and the WeatherCAN app when the following criterion is met:

Heat Warning criteria has been met AND forecast indicates that daily highs will substantially increase day over day for ≥3 consecutive days

Checklist

See Extreme Heat Emergency Checklist on the following page

Internal Staff Key Messaging

- The ECCC has issued an Extreme Heat Emergency Alert for the <geographic region> due to forecasted daily temperatures substantively increasing from daytimes highs of 35° C or warmer and nighttime minimum temperatures of 18° C or warmer day over day for three or more consecutive days
 - Implement department specific heat risk reduction strategies
 - Review the Tk'emlúps public key messaging to promote consistent messaging
 - 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
 - Cooling Centres have been opened at <insert address> with operating hours of <insert hours of operation>
 - Review Community Partner Extreme Heat Emergency Checklist, if applicable
 - The EOC has been activated at <insert address>
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Community Partner Key Messaging

- The ECCC has issued an Extreme Heat Emergency Alert for <geographic area> due to forecasted daily temperatures substantively increasing from daytimes highs of 35° C or warmer and nighttime minimum temperatures of 18°C or warmer day over day for three or more consecutive days
 - Consider rescheduling services and major events to cooler times of day, especially outdoor activities
 - Cooling Centres have been opened at <insert address> with operating hours of <insert hours of operation>
 - Additional community resources include <list available options>
 - Review Community Partner Extreme Heat Emergency Checklist
 - The EOC has been activated at <insert address>
 - To access communication materials for distribution, contact the EOC at <insert contact number>
 - A community partner coordination call is scheduled for <insert date, time, and location> to discuss the imminent extreme heat event
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Public Key Messaging

See extreme heat emergency news release template

Extreme Heat Emergency Checklist

EOC DIRECTOR

- ☐ Review relevant EOC Director checklists
- ☐ Activate a Liaison Officer, Information Officer, a Risk Management Officer, and all General staff positions (Section Chiefs)
- ☐ 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
- ☐ Confirm who the community spokesperson will be
- ☐ Activate the community emergency management plan
- ☐ Activate community business continuity plan

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
- ☐ Consider requesting liaisons from City of Kamloops, BCHES and IHA be present in the EOC

INFORMATION OFFICER

- ☐ Review relevant Information Officer checklists
- ☐ Confirm EHE key messaging with EOC Director
- ☐ Contact neighbouring communities / regional district IOs to advise, confirm key messaging, and schedule joint news releases
- ☐ Issue EHE key messaging to staff, responding agencies, supporting community partners, and the public
- ☐ Continue to build awareness regarding 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

RISK MANAGEMENT OFFICER

- ☐ Review relevant Risk Management Officer checklists
- ☐ Address any heat health safety concerns
- ☐ Review the community business continuity plan

OPERATIONS SECTION CHIEF

- ☐ Review relevant operations section checklists
- ☐ Assess current cooling facility usage and confirm capacity
- ☐ Participate in EMCR coordination call
- ☐ Establish / maintain contact with supporting community partners
 - ☐ Request feedback on current/ongoing challenges and consider ways the EOC may be able to provide support
- ☐ Collect information regarding other heat risk reduction services and resources being offered in the community and share with Planning
- ☐ Work with Planning and Logistics to support heat risk reduction strategie

Extreme Heat Emergency Checklist cont'd

PLANNING SECTION CHIEF

- ☐ Review relevant EOC planning section checklists
- ☐ Gather situational awareness from EMCR coordination call as well as Command and General staff
- ☐ Assess current cooling facility usage/capacity and consider the need to activate additional public cooling facilities and overnight cooling shelters
- ☐ Consider the need for the advance planning unit
 - ☐ Consider potential conflicting priorities such as air quality concerns, wildfire evacuation alerts/orders, power outages, public health concerns, long term EOC staffing, etc.
 - ☐ Develop contingency plans as necessary
 - ☐ Depending on the scope and scale of the EHE, consider the need for:
 - ☐ Damage assessment impact analysis planning
 - ☐ Economic impact planning
 - ☐ Cultural and environmental impact planning
- ☐ Discuss / confirm extreme heat risk reduction strategies with Command team:
 - ☐ Recommend rescheduling all non-essential outdoor events or events in venues without air conditioning
 - ☐ Extend the hours of operation of pre-existing cool public facilities and remove entry fees
 - ☐ Portable public water fountains, if applicable
 - ☐ The need for a cooling centre and
 - ☐ Free door-to-door transportation to cooling centre facilities for those in need
 - ☐ The need for an overnight cooling centre and
 - ☐ Evacuating at-risk populations to an overnight cooling centre
 - ☐ Delivery service for groceries and medication if relevant
 - ☐ Distribute bottled water to at-risk populations, if feasible
 - ☐ Increase public outreach through local support community partners and/or community navigators
 - ☐ In partnership with local health authority, encourage wellness checks for people at high risk
- ☐ Monitor the ECCC Weather Alert Page and/or WeatherCAN App

LOGISTICS SECTION CHIEF

- ☐ Review relevant EOC Logistics section checklists
- ☐ Work with Operations and Planning to identify and source resources both required and anticipated
- ☐ Consider the need for the following resources such as auxiliary power equipment, medical and health supplies, and food for volunteers

FINANCE SECTION CHIEF

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



Tk'emlúps te Secwépemc

-Media Release

200-330 Chief Alex Thomas Way
Kamloops BC, V2H 1H1
Tel: (250) 828-9700
Tkemlups.ca

[Date: Month, day, year]

MEDIA CONTACT: Name, Title

Extreme Heat Emergency Notification

For Immediate Release

Tk'emlúps te Secwépemc would like to advise residents there is an Extreme Heat Emergency 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.
- Keep cool outside by:
 - Protect yourself from the sun with hats, sunscreen, lightweight clothing
 - Seek shade
 - Drink plenty of water
 - Use open aired strollers for children and infants
- Keep cool inside by:
 - If you do not have air conditioning - Keep windows closed until the temperature outside is cooler than the temperature inside
 - Turn off lights that are not in use
 - Use the oven and stove as little as possible
 - Close blinds or curtains
 - Monitor indoor temperatures
 - Sustained exposure from 26° C - 31° C may pose a risk to most susceptible people
 - Sustained exposure to temperatures above 31° C should be avoided for susceptible populations whenever possible.
- Be aware of how to stay healthy in the heat: <https://www.canada.ca/content/dam/hc-sc/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
- 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 transportation assistance to cooling centres or other resources call <insert contact method>
- For more information please monitor:

- Tk'emlúps website:
- Tk'emlúps Facebook:

tkemlups.ca
[Tk'emlúps te Secwépemc Facebook](#)

TARGETED EXTREME HEAT PRINTABLE DOCUMENTS

TARGET AUDIENCE	KEY MESSAGING	URL LINK	DETAILS
Children	Keep Children Cool! Protect Your Child From Extreme Heat	https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/keep-children-cool-extreme-heat/extreme-heat-brochure-keep-children-cool-en.pdf	English PDF – Health Canada
Landlords and property managers	Tenant Postcard	https://www.bchousing.org/sites/default/files/media/documents/wellness-card-for-tenants.pdf	English PDF – BC Housing
General	Heat-Related Illnesses	https://www.cdc.gov/disasters/extremeheat/pdf/Heat_Related_Illness.pdf	English PDF – CDC Infographic
Health Care Workers	Acute Care During Extreme Heat. Recommendations and Information for Health Care Workers	https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/climat/actue_care-soins_actifs/actue_care-soins_sante-eng.pdf	English PDF – Health Canada
Outreach Healthcare Workers	Community Care During Extreme Heat. Heat Illness: Prevention and Preliminary Care	https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/ewh-semt/alt_formats/hecs-sesc/pdf/pubs/climat/commun_care-soins/commun_care-soins-eng.pdf	English PDF – Health Canada
Perinatal Population	Safety During Extreme Heat	https://www.healthlinkbc.ca/sites/default/files/documents/hfile35a_0.pdf	English PDF - HealthLinkBC
Pet owners	Heat and Pets: Heatstroke and Heat Exhaustion	https://www.bchousing.org/sites/default/files/media/documents/Heat-and-Pets-HeatStroke-Heat-Exhaustion.pdf	English PDF – BC Housing
Susceptible Populations	Health Check Guidance	https://ncceh.ca/documents/guide/health-checks-during-extreme-heat-events	English, French, Chinese, Punjabi PDF

EXTREME HEAT SOCIAL MEDIA CONTENT – FACEBOOK

1. Follow [@PreparedBC on Facebook](#) and re-share posts or
2. Cut and paste the graphic and content directly into your community Facebook page



Source: Government of British Columbia <https://www2.gov.bc.ca/gov/content/safety/emergency-management/education-programs-toolkits/social-media-toolkits/extreme-heat?keyword=extreme&keyword=heat&keyword=risk>

KEY MESSAGING BEFORE AN EHE:

During the extreme heat event of 2021, there were 619 heat-related deaths in B.C. between June 25 and July 1.

Keep your household safe by having an emergency plan that covers what to do during extreme heat. Learn more: www.preparedbc.ca/extremeheat

Heat-related illness can occur in homes that aren't able to stay cool during extreme heat events. Plan ahead by identifying places in your community you can visit to get cool, such as libraries, shopping malls, or community cooling centres: www.preparedbc.ca/extremeheat

During heat warnings, it's important to check in on loved ones and neighbours (especially elders) to make sure they're staying hydrated and spending time in cool spaces. If you live alone, it's smart to have a buddy who can check in on you: www.preparedbc.ca/extremeheat

A few basic modifications to your home can make a big difference during periods of extreme heat:

- Install a window air conditioner in at least one room
- Install thermal curtains or window coverings
- Keep digital thermometers available to accurately measure indoor temperatures (31°C or higher is dangerous for vulnerable people)
- Have fans available to help move cooler air indoors during the late evening and early morning hours
- Install a heat pump

Learn more: www.preparedbc.ca/extremeheat

KEY MESSAGING DURING AN EHE:

If an extreme heat alert has been issued, and temperatures are climbing, here are some tips to help stay cool:

- Relocate to a cooler location if you are able to do so
- Move to the coolest location in your house and plan to sleep there
- Check in with your pre-identified heat buddy. If you don't have one, try to reach out to someone you trust as soon as possible.
- Put up external window covers to block the sun if you can safely do so
- Close your curtains and blinds
- Ensure digital thermometers have batteries
- Make ice and prepare jugs of cool water
- Check that you have working fans
- Keep doors and windows closed between 10 a.m. and 8 p.m. to trap cooler air inside. Open them at 8 p.m. to allow cooler air in and use fans (including kitchen and bathroom exhaust fans) to move cooler air through the house.

Learn more: www.preparedbc.ca/extremeheat

Too much heat can be harmful to your health. Heat-related illnesses such as heat cramps, heat exhaustion, or heat stroke, are the result of your body gaining heat faster than it can cool down.

Learn to recognize and treat heat-related illnesses: www.preparedbc.ca/extremeheat

Stay safe and cool indoors during extreme heat by taking the following steps:

- If you have air conditioning, turn it on. It does not need to be going full strength to help you stay safe
- If you have air conditioning, and vulnerable friends and family do not, bring them to your home
- If you do not have air conditioning, move to your pre-identified alternate location with air conditioning or cooler spaces
- Sleep in the coolest room of your residence, even if it's not your bedroom. If it's cooler outside, sleep outside when feasible.
- Sleep with a wet sheet or in a wet shirt
- Take cold baths or showers to draw heat from your body
- Drink plenty of water, regardless of whether you feel thirsty. Be aware that sugary or alcoholic drinks cause dehydration
- If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendation
- If your doctor limits the amount you drink, or has you on water pills, ask how much you should drink while the weather is hot.

Learn more: www.preparedbc.ca/extremeheat

Stay safe and cool outdoors during extreme heat:

- Lower your activity level. If you must do errands, do them early or late in the day when it's cooler.
- Never leave children or pets in a parked car
- Avoid direct sun by staying in the shade and wearing a hat and protective clothing. Use sunscreen and UV-protective eyewear.
- Seek cooler, breezier areas when outdoors, such as large parks near to water with lots of trees.
- If you work in a hot environment, discuss and act on ways to decrease heat exposure with your employer and coworkers.

Learn more: www.preparedbc.ca/extremeheat #BCHeat