

Extreme heat

Social media posts

Use these social media posts along with your hashtag and the graphics provided, to communicate with your audience during extreme heat events.



KNOW THE RISKS

Hot weather is linked to higher death rates in Alberta and puts our most vulnerable populations at risk. By knowing the risks and taking appropriate action, heat illnesses can be prevented. Learn more at alberta.ca/ExtremeHeat

Hot weather puts all Albertans at greater risk of heat illness. Learn how you can prepare and help others in the community:

- ☀️ seniors
- ☀️ infants and young children
- ☀️ pregnant women
- ☀️ people who are socially isolated
- ☀️ those with pre-existing health issues

Find resources: alberta.ca/ExtremeHeat

Keep yourself and others safe by planning ahead for extreme heat events. Learn how to prepare for hot temperatures and how to recognize the signs of heat illness: alberta.ca/ExtremeHeat



GET READY

Hot weather is in the forecast for our region. Take precautions:

- ☀️ Prepare a plan
- ☀️ Stay cool
- ☀️ Stay hydrated
- ☀️ Stay informed – visit alberta.ca/ExtremeHeat



Hot weather is forecasted for our community. Get ready to stay cool in your home:

- ☀️ Identify places in your home and in the community, where you can stay cool
- ☀️ Cover windows with drapes or shades
- ☀️ Plan meals that don't require an oven

Learn more tips: alberta.ca/ExtremeHeat

The community is encouraged to take these simple precautions during hot weather:

- ☀️ Know the coolest room in your home
- ☀️ Stay hydrated
- ☀️ Download the [WeatherCAN app](#)
- ☀️ Stay informed: alberta.ca/ExtremeHeat

Stay up to date on heat notifications in the region so you know when to take extra care of yourself and others.

Download the [WeatherCAN](#) app or visit the [Public Alerts website](#). Find more info: alberta.ca/ExtremeHeat



TAKE ACTION

Heat warnings have been issued in Alberta including (insert your region/community)

- ☀️ Be prepared: alberta.ca/ExtremeHeat
- ☀️ Stay cool.
- ☀️ Stay hydrated.
- ☀️ Stay informed: [WeatherCan](https://weathercan.gc.ca)

Our community is heating up. Try these home tips if you don't have A/C:

- ☀️ sleep in wet clothing
- ☀️ take cool showers & baths
- ☀️ sleep in your coolest room
- ☀️ keep the sun out during the day with window coverings

Find more info at alberta.ca/ExtremeHeat

More tips for staying cool:

- ☀️ Turn off appliances like TVs or computers that give off large amounts of heat
- ☀️ Turn your furnace heat off but keep the fan on auto so air moves in your home
- ☀️ Cook meals earlier in the day or outdoors

Find more: alberta.ca/ExtremeHeat



STAY INFORMED

Heat illness can happen when your body gains more heat than it can cool. Make sure you and those you care for:

- ☀️ Drink plenty of water before you feel thirsty
- ☀️ Seek cool spaces out of the sun ([name locations](#))
- ☀️ Know the signs of heat illness and what to do: alberta.ca/ExtremeHeat



High temps can be deadly. Call 911 if you see signs of heat stroke:

- ☀️ high body temperature
- ☀️ no sweat
- ☀️ disorientation, fainting or unconsciousness

Take action:

- ☀️ move to cool space
- ☀️ remove outer layer of clothes
- ☀️ wrap in a cool wet towel
- ☀️ DO NOT give fluids

alberta.ca/ExtremeHeat

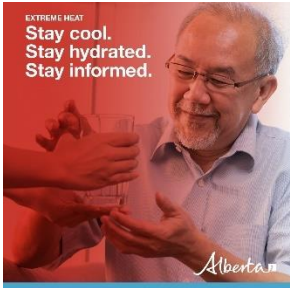


Know the signs of heat exhaustion:

- ☀️ headaches, nausea, vomiting
- ☀️ dizziness or fainting
- ☀️ heavy sweating
- ☀️ rapid breathing & heart rate

Take Action:

- ☀️ move to a cool space
- ☀️ lay down and apply cool wet cloths
- ☀️ give sips of water
- ☀️ consult with medical expert/ call 811



We are experiencing high temperatures. Drink plenty of water and spend time in cool spaces. If you can't stay cool at home, look for places you can visit such as:

- ☀️ Name libraries
- ☀️ Name shopping malls
- ☀️ Name rec centres or other locations

Check on neighbours, especially seniors and those who live alone. alberta.ca/ExtremeHeat

When indoor temperatures are high, do not rely on fans alone to bring down the body temperature, esp. for seniors, infants, young kids

- ☀️ Use cool shower or tub
- ☀️ Sleep with wet shirt
- ☀️ Spend time in A/C spaces such as (name malls, rec centres, & libraries)

Learn more: alberta.ca/ExtremeHeat

When a heat warning occurs during a special air quality statement, prioritize staying cool. Heat is typically more dangerous than short-term exposure to poor air quality. alberta.ca/ExtremeHeat