

Health Canada Messaging to Keeping Cool without Air Conditioning

Background

Not everyone has access to air conditioning in their homes during extreme heat events. People experiencing homelessness are another group that will also lack access to consistent air conditioning. Additional considerations are needed for these populations during COVID-19 in order to follow the advice of the local public health unit in the region of messaging.

Appendix 1 – Heat Health Messaging to Keep Cool without AC

Table 1: Current Heat Health Messages from Health Canada’s Extreme Heat guidance documents.

Heat Health Messaging	Source	Considerations
<p>Wear loose-fitting, light-coloured clothing made of breathable fabric.</p> <p>Dress your child in loose-fitting, light-coloured clothing made from a breathable fabric.</p>	<p>Infographic- Staying Healthy in the Heat Extreme Heat Brochure - Older Adults Extreme Heat Brochure - Children</p>	N/A
<p>Take cool showers or baths until you feel refreshed.</p> <p>Bathe your child in a cool bath until your child feels refreshed. Always supervise your child in the bath.</p>	<p>Infographic- Staying Healthy in the Heat Extreme Heat Brochure - Older Adults Extreme Heat Brochure - Children</p>	N/A
<p>Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.</p> <p>Take a break from the heat by spending a few hours in a cool place. It could be a tree-shaded area, swimming pool or an air-conditioned spot such as a shopping mall, grocery store, place of worship or public library.</p>	<p>Infographic- Staying Healthy in the Heat Extreme Heat Brochure - Older Adults</p>	COVID-19 considerations – may be beneficial to emphasize outdoor cooling instead of public spaces indoors
<p>Prepare meals that don't need to be cooked in your oven.</p>	<p>Extreme Heat Brochure - Older Adults</p>	N/A
<p>Block the sun by opening awnings and closing curtains or blinds during the day.</p>	<p>Extreme Heat Brochure - Older Adults</p>	N/A

<p>If safe, open your windows at night to let cooler air into your home</p>	<p>Extreme Heat Brochure - Older Adults</p>	<p>Wildfire considerations – avoid messaging during wildfire periods</p>
<p>Use a fan to help you stay cool and aim the air flow in your direction.</p> <p>If using a fan, keep it at a safe distance from the child and aim the air flow in their direction.</p>	<p>Extreme Heat Brochure - Older Adults Extreme Heat Brochure - Children</p>	<p>Fans can be effective for cooling in dry heat, but efficiency decreases with high humidity</p>
<p>Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella.</p> <p>Keep your child in the shade or protected from the sun by wearing a wide-brimmed, breathable hat or shade them with an umbrella.</p>	<p>Extreme Heat Brochure - Older Adults Extreme Heat Brochure - Children</p>	<p>N/A</p>
<p>Tree-shaded areas could be as much as 5°C/9°F cooler than the surrounding area.</p>	<p>Extreme Heat Brochure - Older Adults</p>	<p>N/A</p>
<p>Drink plenty of cool liquids, especially water, before you feel thirsty. Thirst is not a good indicator of dehydration. By the time you feel thirsty, you are already dehydrated.</p>	<p>Extreme Heat Brochure - Active in the Heat</p>	<p>N/A</p>
<p>Increase your comfort by splashing yourself with cold water.</p>	<p>Extreme Heat Brochure - Active in the Heat</p>	<p>N/A</p>