



August 23, 2022



A heat warning has been issued by Environment and Climate Change Canada for Tuesday, August 23 to Thursday, August 25 for Lions Bay. Forecasts are for daytime temperatures of 29-30 degrees Celsius, with early morning low temperatures of 16-17 degrees Celsius.

**Lions Bay Emergency Support Services (LBESS)** would like to ask you to be aware of people in our community with known vulnerabilities to heat illness:

- seniors aged 65 years or older
- people who live alone
- people with pre-existing health conditions such as diabetes, heart disease, respiratory disease, schizophrenia, depression, or anxiety
- people with substance use disorders
- people who are marginally housed
- people who work in hot environments
- people who are pregnant
- infants and young children
- people with limited mobility or other disabilities

For highly susceptible individuals, indoor temperatures are the most important determinant of health outcomes. Once a susceptible individual is exposed to sustained high temperatures, it can take many hours for their bodies to cool and for the physiological strain to decrease.

If you or someone you know needs help during the heat warning, please reach out to LBESS at [ess@lionsbay.ca](mailto:ess@lionsbay.ca).

**Lions Bay ESS - Working to ensure Lions Bay residents are Informed, Engaged and Prepared.**

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