



Interior Health

HEAT & SUBSTANCE USE

FACT SHEET

People who regularly use drugs and alcohol are at high risk during extreme heat events.



- In general, using substances can make it more difficult for a person to know if they are thirsty or overheating.
- Using substances may impact a person's ability to hydrate, seek shelter from heat, etc., leading to heat-related harms.
- Alcohol increases urine output and also makes it more difficult for the body to cool.
- Opioid withdrawal can cause runny nose and eyes, sweating, nausea, vomiting, and diarrhea, leading to dehydration.
- Opioid agonist therapy (OAT) can cause excessive sweating. People on OAT should drink plenty of water.
- Stimulants increase body temperature and increase sweating. Use during heat can lead to over-amping.