

Your Emergency Toolkit: Staying Safe During Power Outages with Heat & Wildfire Smoke

The power is out—and it's hot and smoky. This toolkit helps you stay cool, breathe easier, and keep food and medicine safe, especially if you're in a rural or remote area.



**Create a
cool room**



**Reduce smoke
exposure**



**Cool your
body**



**Keep food &
medicine safe**



**Go to a cooler
public place**



**Check on
others**



This is your toolkit. Use the tools that work for you and your situation. Local cooling centres or public places may be open—**check local alerts or call 8-1-1 for support.**

Let's Unpack the Tools



Create a cool room

Pick one room to cool down. Block sunlight with curtains or blankets. Close doors to keep the heat out. Open windows at night if it's cooler outside; even if smoky, staying cool is a priority.



Reduce smoke exposure

Keep windows closed if the smoke outside is worse. Block door gaps with wet towels. Use an N95 mask outdoors if possible. Do not burn candles or use generators inside. Limit outdoor activity or move it inside.



Cool your body

Wipe skin with a wet cloth. Use a cool, damp shirt or sleep with a wet sheet. Take cool showers or baths. Sip water often; even if you're not thirsty.



Keep food & medicine safe

Keep your fridge and freezer closed as much as possible. A full freezer can stay cold for up to 48 hours. If you have medications that need to be kept cool, move them to a cooler with ice or frozen packs. Use a thermometer to check the temperature and make sure your medicine is still safe to use.



Go to a cooler public place

If your home is too hot or smoky, try to leave only if you can do so safely and have somewhere safer to go. Cooling centres, clean air shelters, libraries, or malls may have backup power and cooler, cleaner air.



Check on others

Stay connected with people who may need extra support. This includes elders, pregnant people, people living alone, and those with medical conditions, mental health challenges, or social and economic barriers. If it's safe, check in on them or offer help.



**KNOW WHEN
TO GET HELP**

Call 911 if someone:

- Can't breathe safely
- Is dizzy, confused, or weak
- Shows signs of heat stroke (hot skin, rapid heartbeat, dark urine)

Need help? Call 8-1-1 or go to the nearest open public space.

More Info: BCCDC: bccdc.ca Prepared BC: gov.bc.ca/preparedbc

Build an emergency kit and grab-and-go bag. Learn more at [Emergency Kit by PreparedBC](https://www.preparedbc.ca).