



**Figure 1-1** Map of the ECCC Heat Alert Warning Regions and Regional Health Authority Boundaries  
Source: BC HARS 2022

### 1.1.1 Level 1 Heat Warning



## Level 1 HEAT WARNING

≥2 days in which forecasted daytime maximum temperatures are ≥35 °C **AND** overnight minimum temperature are ≥18 °C

- A Moderate risk to public health (5% increase in mortality)
- Can expect approximately 1 – 3 events per summer season

ECCC will issue a heat warning when daytime and overnight temperatures are higher than usual, but are NOT getting hotter every day. ECCC defines a heat warning as two or more consecutive days in which daytime maximum temperatures reach or exceed 35° C **AND** overnight minimum temperatures do not drop below 18° C. If deemed necessary, the City of Armstrong may choose to:

- » Activate their EOC to monitor the weather forecast
- » Activate the heat warning communications
- » Prepare for an extreme heat event if necessary
- » Encourage people to take the usual steps to stay cool