

Supporting People Living with Schizophrenia During Extreme Heat

People living with schizophrenia are more likely to experience severe illness and death during extreme heat.

Why?

Unclear thinking	Social isolation	Substance use	Medications
They may not be able to protect themselves from extreme heat.	They may be socially isolated from friends, family, or other supports.	Using substances can increase risk of illness during extreme heat.	Medications can affect the body's response to heat.

What can I do?

- Do two health checks a day during extreme heat: one during the day and one in the evening**

During health checks, ask about symptoms of heat-related illness:

- Dizziness
- Nausea or vomiting
- Headaches
- Rapid breathing/heart rate
- Very thirsty or dark urine

- Encourage them to keep taking medication**

Call 9-1-1 if someone is in immediate distress or cannot communicate.