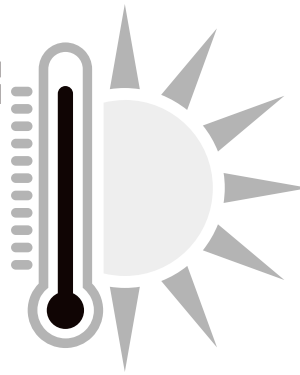


Health Risks of Extreme Heat



1. Heart

Forced to pump drastically faster and harder to move blood to the skin, increasing the risk of heart attacks, heart failure, and dangerous drops in blood pressure.

2. Kidneys

Severe dehydration reduces blood flow and concentrates toxins, leading to acute kidney injury (AKI) or kidney failure.



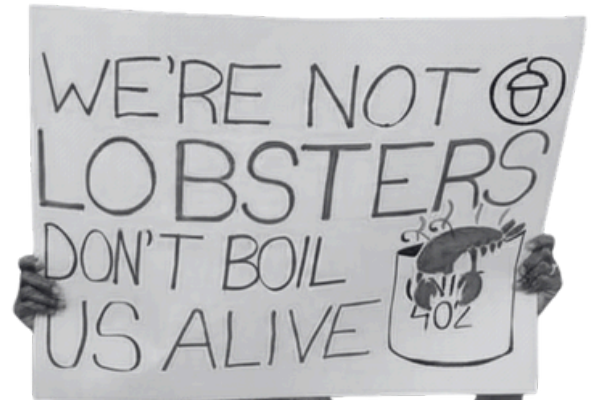
The impact is greatest on children, seniors, and people with chronic health issues.



FOR MORE INFORMATION:

 organize@acorncanada.org

 www.acorncanada.org



3. Brain

High core body temperatures can break down the blood-brain barrier, causing swelling, confusion, seizures, and potentially coma (heat stroke).

4. Gut & Liver

Reduced blood flow makes the gut "leaky," allowing toxins to spill into the bloodstream. The liver suffers direct cellular damage from both heat and toxins.

5. Muscles

Muscle tissue breaks down (rhabdomyolysis), releasing proteins into the bloodstream that clog and further damage the kidneys.

ACORN and our affiliates around the world are organizing to protect workers, tenants, and communities.



MORE INFO



EXTREME HEAT KILLS

SIGN THE PETITION



bitly

'Beat the Heat' actions in 11 cities across Canada.

In 2021, 600+ people died in a BC heat dome with 98% passing away indoors without adequate cooling. Yet, ACORN's 2025 national survey found that 44% of renters don't have A/C.

NATIONAL DEMANDS:

- Free AC and maximum indoor temperature laws.
- Energy rebates to offset cooling costs & lower hydro bills.
- Accelerate energy-efficiency upgrades and mechanical cooling in rental housing.
- No public dollars to landlords trying to "Green-wash" evictions and rent hikes.
- National tenant rights standards to avoid landlords passing the costs of the climate crisis onto tenants.

CONTACT ACORN:

ORGANIZE@ACORNCANADA.ORG |   @ACORNCANADA