Drink plenty of water.

Go to an air conditioned place (cool place). Visit a mall, public library, public community centre, etc.

Wear a hat and lightweight, loose-fitting clothing.

Take a cool bath or shower.

Close your blinds or curtains.

Open windows to let air circulate when using a fan.

Limit physical activities during the day.

Check on your neighbours and family.

Never leave children or pets alone in closed vehicles.

Seek medical attention for any of these warning signs: heavy sweating, paleness, muscle cramps, weakness, tiredness, dizziness, headache, fainting, nausea and/or vomiting.