TIPS FOR BEATING THE HEAT

- 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.

A COMMUNITY HEAT RESPONSE INITIATIVE