Tips to Beat the Heat!

**HYDRATE**
Consume water, fresh fruit and salads

**DRESS DOWN**
Check on others during Covid-19

**AVOID**
Alcohol and caffeine as they can make dehydration worse

**USE WINDOW COVERINGS**
To reduce inside heat

**SOAK**
Take a cool shower or bath to help you cool down

**CHECK ON OTHERS**
When outside

**SEEK SHADE**
Wear lightweight clothing and use sun screen

**REST**
Make sure you get enough sleep and rest if you are feeling tired

**LIMIT**
Non-essential strenuous activity during the hottest times of the day

**BE COOL**
Stay indoors and make use of fans and air-conditioners

**BE KIND, BE CALM AND STAY SAFE EVERYONE!**

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**Checking on others during Covid-19**

- TELEPHONE: Family & neighbours to keep in contact
- KEEP 2M AWAY: Leave supplies outside door
- WEAR A MASK & GLOVES: Indoors, as needed

**During Covid-19 remember:**
- Wash or disinfect hands regularly
- As needed, wear gloves/mask
- Physical distance min. 2m (6ft.)

To report Covid-19 symptoms, or if you or someone you are in contact with is experiencing flu/cold symptoms, please avoid using common spaces and Call 811. For non-emergency Covid-19 info call 1-888-COVID19.

For more information visit: www.HealthLinkBC.ca