Tips to Beat the Heat!

KEEP HYDRATED
Drink lots of water!

AVOID
Alcohol and caffeine as they can make dehydration worse

LIMIT
Non-essential strenuous activity during the hottest parts of the day

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

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

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

CHECK ON OTHERS
Including children, elderly, people with medical conditions and pets!

EAT FRESH
Try eating cold foods such as salads and fruits

SEEK SHADE
When outside

DRESS DOWN
Wear lightweight clothing and use sun screen

WATCH OUT... Be on the lookout for any symptoms of heat-related illness or conditions
www.healthlinkbc.ca/healthfiles/hfile35.stm

See a doctor if you are not feeling well, and in a medical emergency call 911

For more information on extreme heat go to www.HealthLinkBC.ca
or call 8-1-1 for non-emergency health information and services in B.C.
For Deaf and hearing impaired assistance call 7-1-1 in BC.
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