

# Tips to Beat The Heat

## Cool Your Body



- Wet clothing to help bring down body temperature
- Use water-soaked cloths or cooling packs on neck/wrists
- Sit in or put legs in cool (not cold) bath

## Hydrate



- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty. Thirst is not the only indicator of dehydration

## Reduce Indoor Heat



- Daytime: cool living and working areas by closing windows, and use window coverings, air conditioners and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

## Protect Your Pets



- Provide shade & cool drinking water & baths
- Never leave pets unattended in cars or direct sunlight
- Plan outdoor activities during cooler parts of day. Asphalt might be too hot for bare paws

## Avoid Sun Exposure



- Wear wide-brimmed, breathable hat or use umbrella
- Avoid / limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen

## Ask Your Doctor



- If taking medications, ask your doctor, nurse, or pharmacist if you need to be extra careful
- Some medical conditions may increase vulnerability during hot weather

## Check on Others



- Visit or call family & neighbours when you can

## Avoid/Limit Alcohol & Caffeine



- These can lead to dehydration

**Extreme heat can be dangerous.**

[www.healthlinkbc.ca/more/health-features/beat-heat](http://www.healthlinkbc.ca/more/health-features/beat-heat)

For non-emergency health information and services call **811**.