Tips to Beat The Heat

- Cool Your Body
- Hydrate
- Reduce Indoor Heat
- Protect Your Pets
- Avoid Sun Exposure
- Avoid/Limit Alcohol & Caffeine
- Check on Others
- Are You at Higher Risk in the Heat? (medication/medical condition)

Extreme heat can be dangerous.
www.healthlinkbc.ca/more/health-features/beat-heat
For non-emergency health information and services call 811.
See a doctor if you are not feeling well, and in a medical emergency call 911. For non-emergency health information and services call 811.

For deaf and hearing-impaired assistance call 7-1-1 in BC. Translation services available in more than 130 languages upon request.