

Tips to Beat The Heat



Cool Your Body



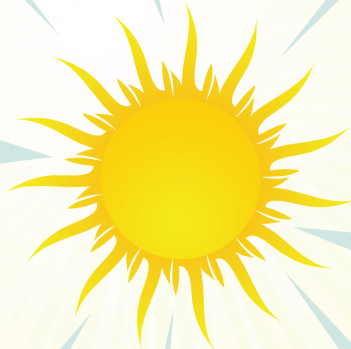
Hydrate



Reduce Indoor Heat



Protect Your Pets



Avoid Sun Exposure



Are You at Higher Risk in the Heat?
(medication/
medical condition)



Check on Others



Avoid/Limit Alcohol & Caffeine

Extreme heat can be dangerous.

www.healthlinkbc.ca/more/health-features/beat-heat

www.bchousing.org/projects-partners/extreme-heat

Sorry We Missed You!

 **Date:** _____

 **Time:** _____

 **Address:** _____

 **Unit Number:** _____

You can reach us at:



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.