

Prepare an Extreme Heat Kit

It is important to be prepared for extreme heat events.

Drinking fluids	Bottled water Ice cubes	Rehydration solution <ul style="list-style-type: none">• 2½ cups water• 1½ cups unsweetened orange juice• ½ teaspoon salt
Containers	Drinking cups Water basins or jugs	Ice packs Containers or bags for ice
Supplies for your body	Sunscreen- SPF 15+ Towels <ul style="list-style-type: none">• Keep wet towels in the fridge or freezer	Misting bottles Clothing <ul style="list-style-type: none">• light-coloured and loose-fitting• Wide-brimmed hat• Sunglasses
Supplies for your home	Thermometers <ul style="list-style-type: none">• Body and indoor thermometer	Tin Foil <ul style="list-style-type: none">• Place on the windows to reflect heat away
Medical supplies	First aid supplies	Take home naloxone kit

There may be barriers to getting these supplies. Find what you can and reach out for support.