

Safer substance use during extreme heat may help prevent heat illness.

| Stimulants cocaine, crack, meth | Opioids heroin, fentanyl | Alcohol liquor, beer, coolers |
|---|---|--|
| <ul style="list-style-type: none">• Increase your body temperature• Make it harder for your body to cool off | Make it hard to: <ul style="list-style-type: none">• feel the effects of heat• take action to protect yourself | <ul style="list-style-type: none">• Dehydrating• Large amounts can make it harder for your body to cool off |

Try these harm reduction tips during extreme heat

- **Be aware** of how different substances affect your body during extreme heat.
- **Find a friend** so you can take care of each other.
- **Close window coverings** during the day and open windows at night.
- **Do not stay inside if it is very hot** (above 31°C). Move to a cool, shaded area.
- **Find a nearby cooling centre**, overdose prevention site, shaded park, pool, or beach to cool off.
- **Carry naloxone.**
- **Stagger use.** Take some time between doses.
- **If you are drinking alcohol:**
 - Choose drinks with lower alcohol content (beer or coolers).
 - Mix hard liquor, like vodka or whiskey, with a hydrating fluid (Gatorade, orange juice).
 - Drink non-alcoholic fluids (water or juice) between alcohol beverages.

You may not be able to follow all of these tips. Do what you can and reach out for support.