

## Keep your body cool. Stay hydrated.

### Drink plenty of water

- During and after outside activities
- Even when you don't feel thirsty

### Protect your body

- **Use sunscreen** (SPF 15 or higher)
- Wear light-coloured, loose-fitting clothing
- Wear a wide-brimmed hat

### Plan activities for the morning and evening

#### If you must be active in the heat:

- take many rest breaks
- move to cooler, shaded areas if possible

### Use fans & water to cool your body

- **Put cool water on your body:** mist, wet towels, or take a shower, if possible
- **Sit in front of a fan**
- Fans will not cool you if the temperature is 35C+

### Keep your space cool

#### Indoors

- Open windows at night
- Close windows early morning
- Cover windows with tin foil, white blinds, or curtains

#### In a tent

- Move your tent into the shade
- Take off rain fly and leave windows open

### Move to cooler spaces

#### Move to indoor spaces with air conditioning (A/C):

- cooling centre, library, mall, community centre.

#### Move to outdoor spaces

##### with more shade:

- park, beach, pool, water park

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

## Know when to get medical help

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### Heat exhaustion can lead to heat stroke

#### You might feel:

- Dizzy
- Thirsty
- Very sweaty
- Nausea
- Weakness

### Heat stroke can cause disability or death

#### You might feel:

- Confusion
- Loss of consciousness

### For both heat exhaustion and heat stroke: **ACT FAST**

- Move to a cooler area
- Cool off with water or ice
- Loosen clothing and remove layers



**Heat stroke is a medical emergency!  
Call 9-1-1 or seek medical attention!**

## Extreme heat and mental health

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Extreme heat for several days can affect mental health.

Get medical care if you have more:

- Irritability
- Psychological distress
- Aggression or violence
- Suicidal thoughts

## Check on others

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- **Check-in with family, friends and community**, including those who use drugs and alcohol, elderly, children and pets.
- **In-person visits are best.** You can assess and support them if needed.
- **Make sure they are drinking enough fluids** and have a place to stay cool.