

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

Sedatives (medetomidine, benzos) may make you unable to move out of direct sun or off hot surfaces and lead to burns, heat exhaustion, or heat stroke

Try these harm reduction tips during extreme heat

Find a **shady spot** before you use, remember the sun will move during the day

- **Be aware** of how different substances affect your body during extreme heat
- **Always** use with a trusted friend
- **Close window coverings** during the day and open windows at night
- **Do not stay inside if it is very hot**
Move to a cool, shaded outdoor 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**