

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

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

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

- **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.