

3 WAYS TO PROTECT YOU AND YOUR LOVED ONES *during an* EXTREME HEAT EVENT



BE INFORMED

Keep up to date with local weather forecast and alerts and arrange for regular check-ins on your family members, neighbours or friends in case they need help.



GET HYDRATED

Drink plenty of cool liquids, especially water and if you are hungry, fruits and vegetables are a great option with high water content.



STAY COOL!

On hot days, spend time in cool places like shaded areas or if possible, air-conditioned spots like a public library.



Make sure to follow the COVID-19 advice of your local public health unit and adjust your behaviours accordingly.

Heat stroke is a **medical emergency!**



Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.