

Tips to Beat the Heat!

KEEP HYDRATED

Drink lots of water!



LIMIT

Non-essential strenuous activity during the hottest parts of the day



AVOID

Alcohol and caffeine as they can make dehydration worse



SOAK

Take a cool shower or bath to help you cool down



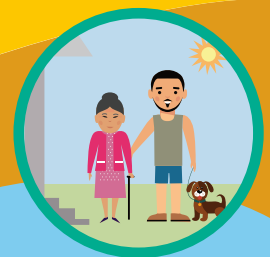
BE COOL

Stay indoors and make use of fans and air-conditioners



REST

Make sure you get enough sleep and rest if you are feeling tired



CHECK ON OTHERS

Including children, elderly, people with medical conditions and pets!



EAT FRESH

Try eating cold foods such as salads and fruits



SEEK SHADE

When outside



DRESS DOWN

Wear lightweight clothing and use sun screen

WATCH OUT... Be on the lookout for any symptoms of heat-related illness or conditions

www.healthlinkbc.ca/healthfiles/hfile35.stm

See a doctor if you are not feeling well, and in a medical emergency call 911

For more information on extreme heat go to www.HealthLinkBC.ca or call 8-1-1 for non-emergency health information and services in B.C.

For Deaf and hearing impaired assistance call 7-1-1 in BC.

Translation services available in more than 130 languages upon request