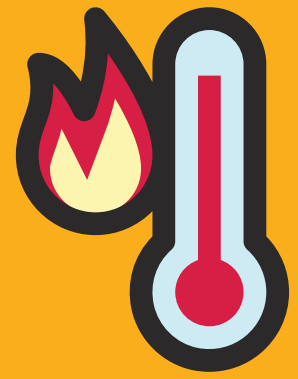


Be ready for anything!

Extreme heat



Stay hydrated!

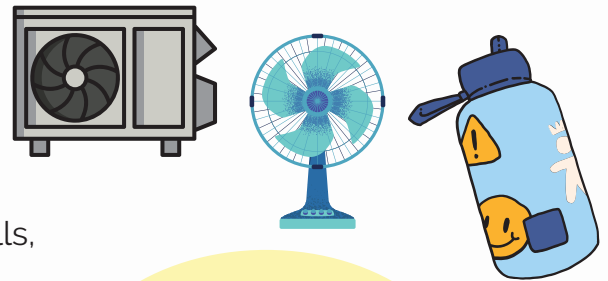
Drink plenty of cool liquids often — water is best!



Stay cool!


Avoid being outside at the hottest points of the day. Instead, go to air-conditioned public buildings like malls, libraries, rec centres, or cooling stations!

Wear a hat to protect your face, UV-protective eyewear, and apply sunscreen regularly.





If you aren't feeling well, move somewhere cooler, sit or lie down, and drink water!!

Recognizing the signs: heat-related illnesses

 **Heat rash:** red or pink rash usually found on the neck, chest and/or elbow creases

 **Heat cramps:** painful muscle cramps

 **Heat exhaustion:** heavy sweating, weakness, dizziness, nausea, vomiting and fainting

 **Heat stroke:** headache, dizziness, confusion and fainting. Skin may be hot and dry or damp. This is a medical emergency — seek emergency help and cool the person down right away.

