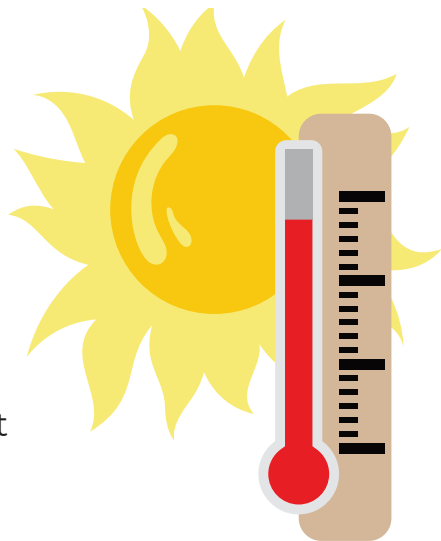


Be prepared for
**heat this
summer**

Keep informed about the latest
summer heat and air quality
tips on our website at:



www.interiorhealth.ca/heat

For heat and air quality updates, tune into the
news or download the WeatherCAN app.



Interior Health

Ways to stay cool:

- **Use water to cool down.** Drink plenty of water, wear a wet shirt or apply damp towels to the skin, take cool baths or showers, or put your legs in a cool bath.
- **Keep your home, or at least one room cool for relief.** Fans aren't enough when it is very hot. Close windows during the day when it is hotter outside and open windows at night to bring cool air in. Keep blinds/ drapes closed in the day. Use air conditioning if affordable and available.
- **Check on your loved ones or neighbours** who are at a higher risk of heat illness, or have them check in on you at least two times a day.
- **If your home gets to be over 31°C,** plan to stay somewhere else or go to places in your community where you can get cool.
- **Connect with your First Nation or local government** to find community cooling centres.

If you have a medical emergency, including symptoms of heat stroke, call 911 OR go to the nearest hospital emergency department.

Heat stroke signs may include a high body temperature, feeling dizzy or faint, confusion, loss of coordination, or very hot and red skin.