Thermometer

• Monitor indoor temperatures for yourself and those you are checking on
• It may be unsafe for some people at greater risk of heat illness to spend extended time in temperatures 26°C to 31°C
• Spending more than a brief period in temperatures over 31°C should be avoided for people who are at greater risk of heat illness

Small Tote

• Take a cool shower, bath, or sponge bath to cool off. Cool water helps evaporate heat from the body
• If you do not have access to a bath, fill the cool kit tote with cool water and soak parts of your body in it or give yourself a sponge bath

Towel

• Wet the towel and apply it to your skin
• You can also wear a wet shirt or other garment

Gel Compress

• Place the gel compress in the freezer
• Once chilled, wrap a piece of cloth around the compress and apply it to the sides of your neck, armpits or groin area
• Keep one in the freezer and rotate

Water Bottle

• Drink plenty of water to stay hydrated, before you feel thirsty

Spray Bottle

• In addition to wearing a wet shirt or towel, fill the spray bottle with cool water and mist your skin
• Apply a lot of water and often

For more information and updates, visit: vch.ca/heat or vancouver.ca/hot-weather (translations available).