

COOL KIT

Cool down on hot days with these tips and tools



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
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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
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Towel

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

- Drink plenty of water to stay hydrated, before you feel thirsty
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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
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For more information and updates, visit:
vch.ca/heat or **vancouver.ca/hot-weather**

