

STAY SAFE

in the SUMMER HEAT

MAKE A PLAN TO BEAT THE HEAT



IF YOU NEED HELP

Medical emergencies:

Phone 9-1-1

Health questions on heat-related symptoms:

Phone 8-1-1

Public locations to help you keep cool:

Phone 3-1-1

Interpretation services are
available for the phone numbers above

1 Stay out of the sun as much as possible.

2 Spend time in a cool or air-conditioned place, and seek shade when outside. Stay 2 metres apart from others.

3 Wear a hat, lightweight, loose-fitting clothing, and sunscreen.

4 Drink plenty of cool fluids such as water **before** you feel thirsty. Eat more cold foods which contain water, such as salads and fruit.

5 Splash cool water on your face and neck, or use a wet towel to cool down. Take a cool shower or bath.

6 Walk slowly and cut down on activities that overheat you.

7 Get medical attention if you are pale, sweating heavily, faint, dizzy, or nauseous.

8 Check in by phone, video chat, or in-person from a safe distance with anyone you know who is more vulnerable to the heat, or who is less able to leave home due to COVID-19. Remember to check on pets, too.

9 Close blinds or drapes during the day and only open your windows at night when it is cooler. Use a fan near an open window to bring cooler air inside.

10 Avoid using heat generating appliances like dryers and dishwashers.

FOR MORE UPDATES AND INFORMATION:

vancouver.ca/hot-weather

(Translations will be available)