

3 WAYS TO PROTECT YOU AND YOUR LOVED ONES *during an* EXTREME HEAT EVENT



BE INFORMED

Keep up to date with local weather forecast and alerts and arrange for regular check-ins on your family members, neighbours or friends in case they need help.



GET HYDRATED

Drink plenty of water and if you are hungry, fruits and vegetables are a great option with high water content.



STAY COOL!

On hot days, spend time in cool places like shaded areas or if possible, air-conditioned spots like a public library.

Heat stroke is a **medical emergency!**



Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.