



BEAT **THE HEAT!**

Scan the QR codes for
tips and places to stay cool!



Follow these 10 helpful tips to keep cool this summer!

1. Drink water. Stay hydrated. Don't wait to drink water until you are already thirsty.
2. Dress for the weather. Wear lightweight clothing, wide-brim hats and sunglasses.
3. Wear sunscreen. Reapply as needed.
4. Find shade and stay out of the sun (especially from 10 am – 6 pm)!
5. Find cool shelter in libraries, shopping malls and recreation and community centres.
6. Cool off at an outdoor pool, splash park or beach!
7. Plan and prepare for a heat wave ahead of time to help keep you safe!
8. Be aware of skin rashes, dizziness, headaches, muscle cramps and other heat-related illnesses.
9. Check in on others regularly, including seniors and those who are unable to leave their homes.
10. Reach out for medical attention. Phone 9-1-1 for emergencies; 8-1-1 for health-related questions, and 2-1-1 to connect with other services.

