



# Safety Tips: When It's Too Hot

When it's too hot, the most important thing is to keep cool and drink lots of water or other liquids.

## Be prepared

- Find the coolest place in your home or a place in your community where you can cool off. Your municipality may have a cool public space like a community centre or a library.
- Check the weather and watch for heat alerts.
- Know the signs of heat stroke. They are:
  - high body temperature
  - confusion and lack of coordination
  - dizziness or fainting
  - very hot, red skin with no sweating.
- Have fans to move cool air around.
- Make ice and have jugs of water on hand.

## During a heat wave

- Drink lots of cool liquids before you feel thirsty. Don't drink caffeine or alcohol.
- Block the sun: close awnings, curtains or blinds during the day. Or hang a white sheet and a dark one inside your window. Hang them so the dark sheet faces into the room. This can help to cool a room.
- If you have an air conditioner, turn it on before it gets hot. If you are using a window air conditioner, cool only 1 room, and go there to cool off.
- Build a homemade air cooler. Fill a bowl with ice and place it in front of a room fan. The breeze over the slowly melting ice will cool the air in front of the fan until the ice melts.

- Make meals that don't need to be cooked in an oven.
- Wear loose-fitting clothes and a hat if you go outside.
- Use a 30SPF sunscreen to protect yourself from sunburns. Reapply it frequently. Talk to your doctor or call 811 before putting sunscreen on a baby under 6 months old.
- Stay inside or go somewhere cool and shady, like a park with trees, swimming pool, grocery store, library or shopping mall.
- Don't work or exercise hard outdoors.
- Close curtains during the day and use fans at night. If you can, open your windows at night to let cooler air into your home.
- Take cool showers or baths or hold a wet cloth on your skin.
- Check on babies, seniors, and vulnerable neighbours.
- If you take medication or have a health condition, ask your doctor or health care provider if it increases your health risk in the heat. Do what they tell you to do.
- Watch for signs of heat stroke.