

Be prepared for  
**heat this  
summer**

Keep informed about the latest  
summer heat and air quality  
tips on our website at:



[fraserhealth.ca/heatsafety](https://fraserhealth.ca/heatsafety)



## Ways to stay cool:

- **Use water to help cool you down.** Drink plenty of water, wear a wet shirt or apply damp towels to the skin, take cool baths or showers or put your legs in a cool bath.
- **Keep your home cool.** Fans aren't enough when it is very hot. Close windows during the day when it is hotter outside and open windows at night to bring cool air in. Keep blinds/drapes closed in the day. Use air conditioning if affordable and available.

- **Check on your loved ones** or have them check on you at least two times a day.
- **If your home gets to be over 31 degrees**, plan to stay somewhere else or get to a community cooling centre.
- **Connect with your municipality** to find community cooling centres. For more information see **[fraserhealth.ca/coolingcentres](https://fraserhealth.ca/coolingcentres)**

For heat and air quality updates, tune into the news or download the **WeatherCAN** app.

If you have a medical emergency, including symptoms of heat stroke, **call 9-1-1 OR go to the nearest hospital emergency department.**

Heat stroke signs may include a high body temperature, feeling dizzy or faint, confusion, less coordination, or very hot and red skin.

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