

HOT WEATHER SAFETY



LIMIT OUTDOOR
ACTIVITIES



NEVER LEAVE CHILDREN
IN PARKED VEHICLES



STAY OUT OF THE HEAT/
FIND SHADE



CHECK ON THE
ELDERLY, SICK, AND
THOSE WITHOUT A/C



KEEP YOUR HOME COOL



WEAR LOOSE, LIGHT-
WEIGHT, LIGHT-COLORED
CLOTHING



STAY HYDRATED



TAKE COOL SHOWERS
OR BATHS TO COOL
DOWN



Preventing heat exhaustion and heatstroke

There's a high risk of heat exhaustion or heatstroke during hot weather or exercise.

To help prevent heat exhaustion or heatstroke:

- drink more cold drinks, especially if you're active or exercising
- wear light-colored, loose clothing
- avoid the sun between 11am and 3pm
- avoid excess alcohol
- avoid extreme exercise
- if you're inside on a very hot day, close curtains, close windows if it's hotter outside than in your home and turn off electrical equipment and lights that get hot

This will also prevent dehydration and help your body keep itself cool.

Children, older people and people with long-term health conditions (such as diabetes or heart problems) are more at risk of heat exhaustion or heatstroke.