

Actions to beat the heat this summer

Pay attention this summer to the Weather Network channel, the radio and the web for heat alerts.



Following are some actions to protect yourself against the heat. Choose your actions depending on your exposure and individual vulnerability to heat:

- Drink plenty of cool fluids, especially water, **BEFORE** feeling thirsty
- Wear lightweight, loose-fitting and light coloured clothing
- Keep the sun out with curtains or blinds
- Plan outdoor activities around cooler parts of the day
- Avoid exposure to the sun
- Never leave someone or a pet in your care inside a parked car
- Spend a few hours in a cool place or in an air-conditioned location (mall, library, church, shaded park or at a pool)
- Frequently visit a vulnerable family member or neighbour to make sure he or she is okay
- Avoid using the stove for cooking a meal
- Take cool showers or baths until refreshed

- Use your air conditioner if you have one
- Make arrangements to spend time or sleep in a cooler place
- Sprinkle clothing with water
- Splash cool water on your face and back of neck
- Do not forget to drink cool fluids **BEFORE** feeling thirsty

Heat-related illnesses are preventable

Seek medical attention if you experience symptoms that are out of the ordinary: **heavy sweating, paleness, muscle cramps, faintness, fatigue, dizziness, headache or nausea**

Visit our website for more information:
www.fredericton.ca/heatalert

Be protected

In partnership with 