

BEAT THE HEAT

EXTREME HEAT CAN KILL.



GET PREPARED

Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.



HOT CARS KILL

Never leave kids, adults, or pets in hot cars. The temperature inside a parked car can double within minutes.



HELP OTHERS

Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.



DRINK WATER

Even if you don't feel thirsty, drink water. Take a bottle with you always.



KEEP COOL

Seek out air-conditioned buildings, draw your blinds, take cool showers, and dress in light and loose clothing made from natural fabrics.

BEAT THE HEAT

[Delta.ca/beattheheat](https://delta.ca/beattheheat)
Hotline: 604-946-3200



For more information, visit
climatereadybc.gov.bc.ca.

In an emergency, call 9-1-1.

