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.

For more information, visit climatereadybc.gov.bc.ca.
In an emergency, call 9-1-1.