

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.



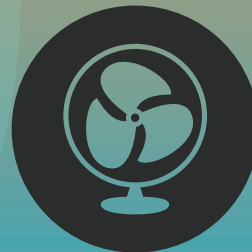
HELP OTHERS

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, use a fan, take cool showers, and dress in light and loose clothing made from natural fabrics.

BEAT THE HEAT

Delta.ca/beattheheat
Hotline: 604-946-3200

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

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