



WHAT YOU SHOULD DO DURING HEATWAVES

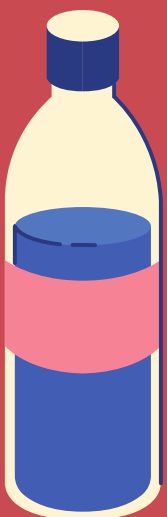
A heatwave is when extremely hot weather lasts for two or more days. In addition, the temperatures have to be measured beyond the historical averages for that specific area. Heatwaves can affect the human body and even cause death in some cases.

LISTEN TO LOCAL NEWS AND WEATHER REPORTS FOR HEAT WARNINGS

A heat warning means daytime & nighttime temperatures or humidex values are expected to be higher than the average high temperature for 2 or more days in a row. Know the humidex rating - it combines the temperature and humidity to indicate how hot the weather feels to the average person.



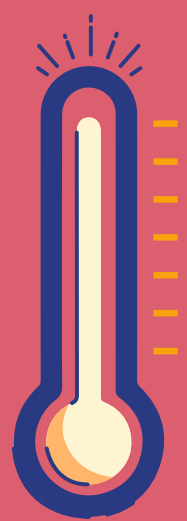
STAY HYDRATED AND COOL



- drink plenty of cool fluids even if you don't feel thirsty.
- avoid caffeine and alcohol because they can cause dehydration.
- check on your pets and animals frequently - make sure their needs for water and shade are met.

BETTER TO STAY INSIDE THROUGH THE HOTTEST TIME OF THE DAY

- avoid being outside during the hottest part of the day typically between 10 a.m. - 2 p.m.
 - dress for the heat and your activity level.
 - wear a hat and apply sunscreen with SPF 15 or higher before going outside.
- slow down your activities as it gets hotter. Don't work, exercise, or play outside for an extended period of time.



AFTER

- Open windows and blinds to allow fresh air to circulate through your home.
- Check on neighbours, friends and family, especially those at risk.
- Continue to stay hy

