

Prevent heat related illness



- Stay out of the hot sun or heat.
- If you do go outside, stay in the shade and limit activity to morning/evening.
- Where possible, go to air conditioned sites.
- If you don't have air conditioning, keep shades drawn and blinds closed.
- Fans keep you cool by evaporating sweat. Use fans in or next to your window.
- Take a cool bath or shower or cool down with wet towels.
- Keep electric lights off or turned down low.
- Drink lots of water and natural fruit juices.
- Avoid strenuous outdoor physical activity and reschedule sports practices/ jogging times.
- Wear loose-fitting clothing that allows for evaporation of sweat.
- Wear a hat and use sunscreen.
- Never leave children or pets unattended in a car.
- Call or visit friends/ neighbours who are at risk, check on them 2-3 times daily.
- Consult your doctor or pharmacist about heat-related side effects of medications.

More tips www.halton.ca/heatalert

Prevent cold related illness



- Cover exposed skin (exposed skin can become frostbitten in 30 seconds).
- Wear a hat (up to 40% of body heat loss can occur through the head).
- Wear gloves or mittens, and a scarf to protect the chin, lips, and cheeks.
- Drink warm fluids – but NO alcohol.
- Try to avoid sweating (wet clothes can freeze).
- Wear clothes in layers: inner layer, middle layer, and outer layer.
- Keep moving. Limit time sitting.
- Take shelter from the wind – this can reduce wind chill exposure.
- Keep your vehicle well-maintained and equip your car with an emergency kit.
- Prepare a winter survival kit for your home, including food, water, and medicines.
- Always be on the lookout for signs of frostbite and hypothermia.
- Plan ahead – listen to the weather forecast!

More tips www.halton.ca/coldalert

Halton Region

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