• 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
- 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](http://www.halton.ca/coldalert)

Halton Region
Dial 311 or 905-825-6000 • Toll free 1-866-442-5866
TTY 905-827-9833 • www.halton.ca