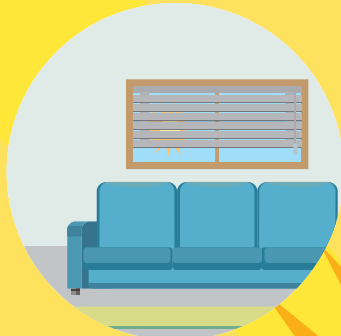


Tips to Beat the Heat!

USE WINDOW COVERINGS

To reduce inside heat



LIMIT

Non-essential strenuous activity during the hottest times of the day



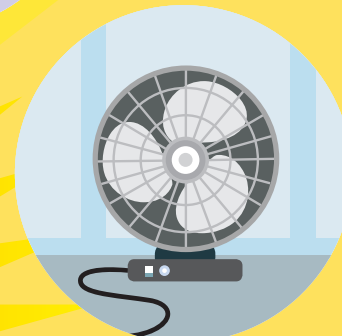
AVOID

Alcohol and caffeine as they can make dehydration worse



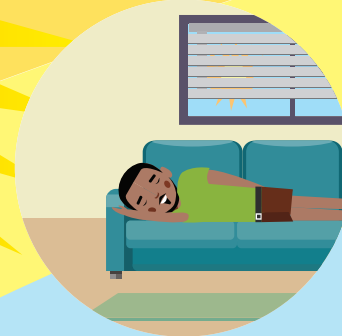
BE COOL

Stay indoors and make use of fans and air-conditioners



REST

Make sure you get enough sleep and rest if you are feeling tired



SOAK

Take a cool shower or bath to help you cool down

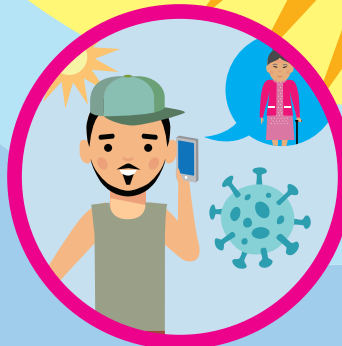


HYDRATE

Consume water, fresh fruit and salads



CHECK ON OTHERS



SEEK SHADE

When outside



DRESS DOWN

Wear lightweight clothing and use sun screen

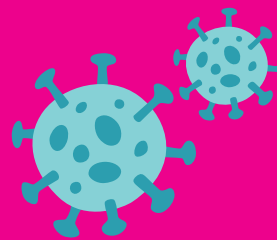


Checking on others during Covid-19

TELEPHONE: Family & neighbours to keep in contact

KEEP 2M AWAY: Leave supplies outside door

WEAR A MASK & GLOVES: Indoors, as needed



During Covid-19 remember:

- Wash or disinfect hands regularly
- As needed, wear gloves/mask
- Physical distance min. 2m (6ft.)

To report Covid-19 symptoms, or if you or someone you are in contact with is experiencing flu/cold symptoms, please avoid using common spaces and **Call 811.** For non-emergency Covid-19 info call **1-888-COVID19.**

For more information visit: www.HealthLinkBC.ca

BE KIND, BE CALM AND STAY SAFE EVERYONE!