

# Actions to beat the heat this summer

Following are some actions to protect yourself against the heat. Choose your actions depending on your exposure and individual vulnerability to heat:



- Drink plenty of cool fluids, especially water, BEFORE feeling thirsty
- Sprinkle clothing with water
- Splash cool water on your face and back of neck
- Take cool showers or baths until refreshed



- Make arrangements to sleep in a cooler place
- Spend a few hours in a cool place ( mall, library, church, shaded park or at a pool )
- Plan outdoor activities around cooler parts of the day
- Wear lightweight, loose-fitting and light coloured clothing
- Use your air conditioner if you have one



- Keep the sun out with curtains or blinds
- Avoid exposure to the sun
- Avoid using the oven for cooking a meal
- Frequently visit a vulnerable family member or neighbour to make sure he or she is okay
- Never leave someone or a pet in your care inside a parked car

## Heat-related illnesses are preventable

Seek medical attention if you experience symptoms that are out of the ordinary: **heavy sweating, paleness, muscle cramps, faintness, fatigue, dizziness, headache or nausea**

Visit our website for more information:  
[www.gnb.ca/0217/heat-e.asp](http://www.gnb.ca/0217/heat-e.asp)



Be protected