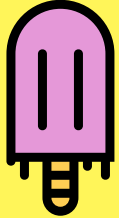


STAY COOL

During

EXTREME HEAT



KEEP
YOURSELF
COOL

- Drink plenty of water
- Place your feet in cold water
- Take cool showers or apply damp cloths to your skin
- Relocate to a cooler spot



KEEP
OTHERS
COOL

- Check on your elderly family members and neighbours who live alone
- Know the signs of heat stroke



WHEN TO
CALL
911

Call 911 immediately if someone is showing signs of heat stroke, such as:

- red, hot skin
- signs of confusion
- fainting



Surrey-North Delta
Primary Care Networks

Delta



Surrey

