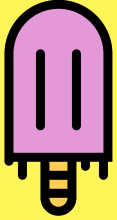


# STAY COOL

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

Delta

Surrey



**Surrey-North Delta**  
Primary Care Network

