

Heat Hacks for Keeping Cool



Drink water regularly. Don't wait to feel thirsty.



Plan to have family, friends, and neighbours call and check in, to make sure you are okay.



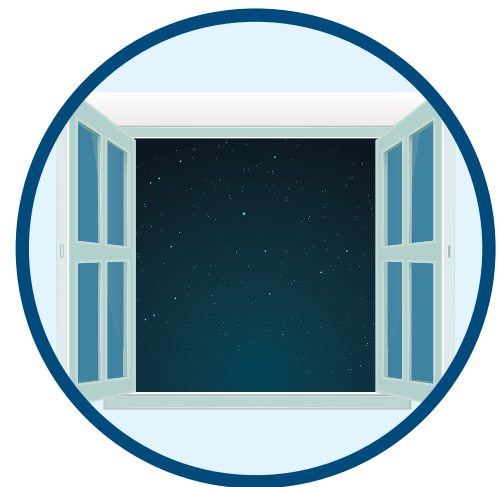
Place wet towels in the fridge and layer on body to help prevent overheating.



Take cool showers or place feet in cool water to help prevent overheating.



Block direct sunlight using curtains, blinds, or other material such as cardboard.



If the night is cooler, open windows to cool home.



Fill a spray bottle with water and mist skin frequently to help prevent overheating.



Be prepared! Sign-up for email notification of extreme heat events at durham.ca/heat