



# Heat Hacks for Keeping Cool

Don't wait for the heat to hit. Plan ahead and have supplies ready including drinking water, a thermometer, spray bottles filled with water, and essential medications.



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



Plan to have family, friends, or neighbours check in on you frequently.



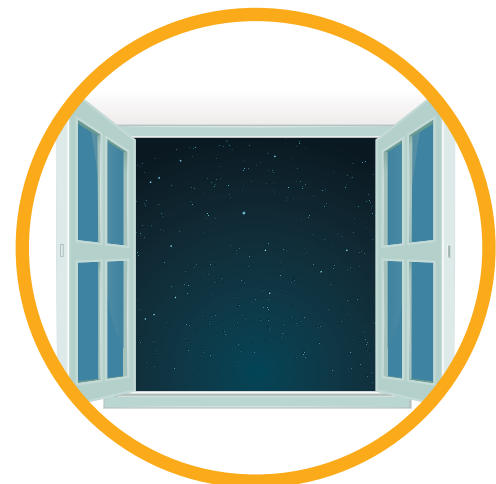
Place wet towels in the fridge and layer on body to help prevent overheating.



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, visit [durham.ca/heat](https://durham.ca/heat) for ways to be notified of extreme heat events in Durham Region.



Durham Health Connection Line  
668-2020 or 1-800-841-2729  
[durham.ca/heat](https://durham.ca/heat)



# Can you recognize heat illness?

## Do you know what to do?

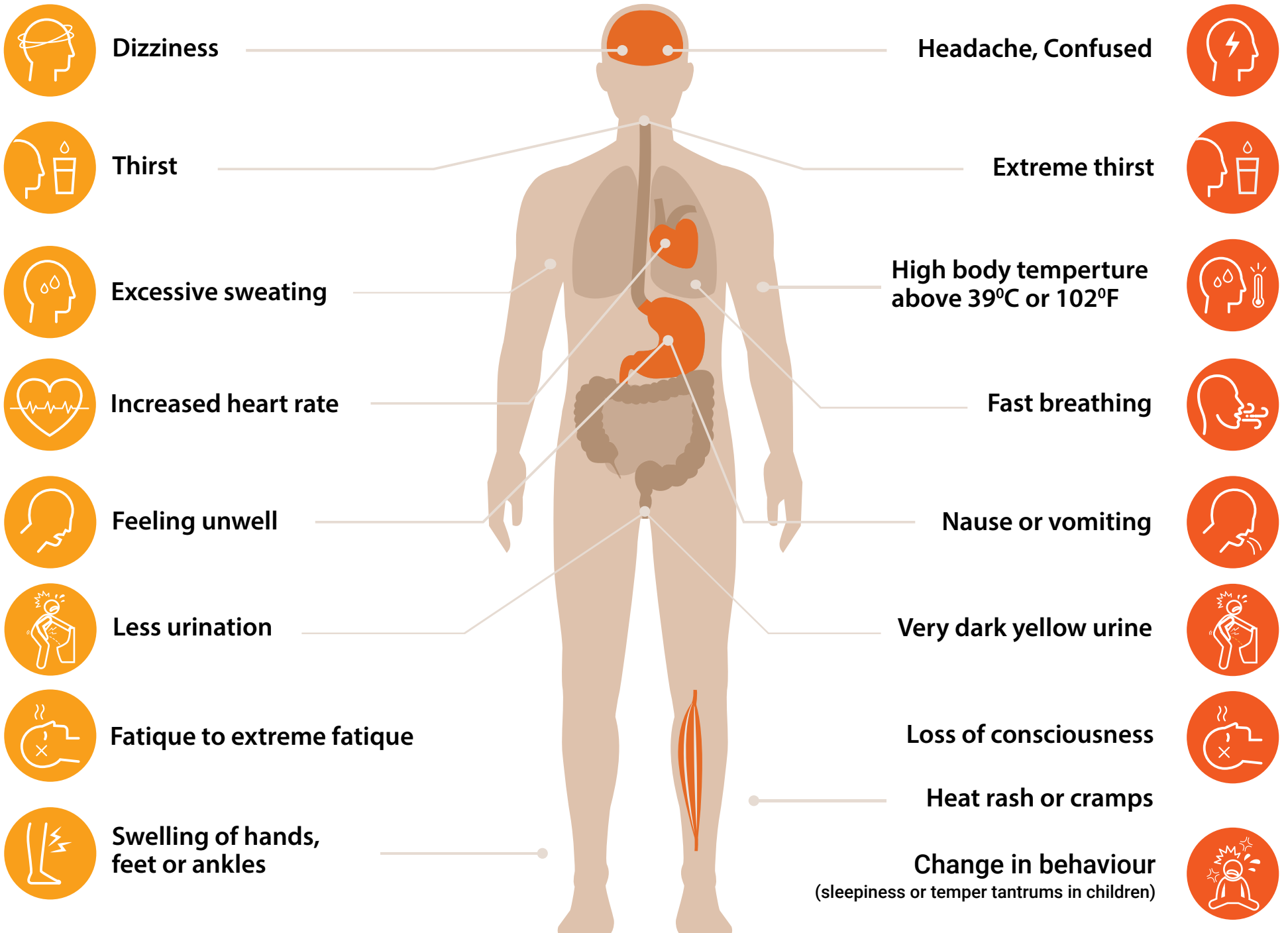
### Heat Illness

Can quickly change from mild to severe.  
Don't wait to act!



### Heat Stroke

Is a medical emergency! Call 911



### What actions to take?

While waiting for help:

- Move to a cooler space or shaded area and follow the Heat Hacks on the other side of the page
- Drink water while resting flat on back or semi-upright
- Remove excess clothing
- Place cool, wet towels or icepacks around the body, focussing on the neck, armpits, and groin areas

**CALL 911 and get help if symptoms persist or worsen**

#### Do you know how to conduct a heat health check?

The National Collaborating Centre for Environmental Health has created, Health Checks During Extreme Heat Events: A guide for doing in-person or remote health checks during heat events.

Learn more here:

<https://ncceh.ca/resources/evidence-reviews/health-checks-during-extreme-heat-events>

