



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.



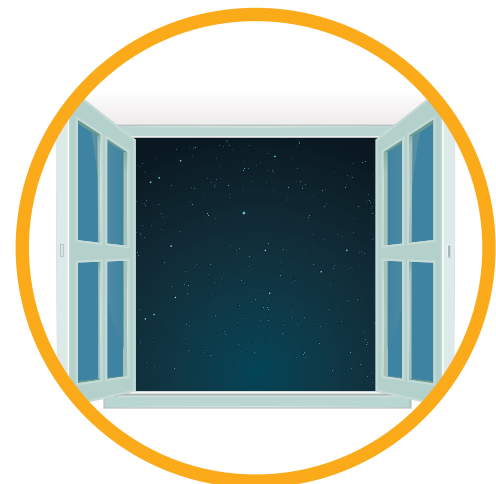
Place wet towels in the fridge and layer on body to help prevent overheating.



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 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

