

Tips to Beat The Heat



**Cool Your
Body**



Hydrate



**Reduce
Indoor Heat**



**Protect
Your Pets**



**Avoid Sun
Exposure**



**Are You
at Higher Risk
in the Heat?**
(medication/
medical condition)



**Check on
Others**



**Avoid/Limit
Alcohol &
Caffeine**

Extreme heat can be dangerous.

www.healthlinkbc.ca/more/health-features/beat-heat

For non-emergency health information and services call **811**.

Sorry We Missed You!

 **Date:** _____

 **Time:** _____

 **Address:** _____

 **Unit Number:** _____

You can reach us at:



See a **doctor** if you are not feeling well, and in a **medical emergency call 911**. For **non-emergency health information and services call 811**.

For deaf and hearing-impaired assistance call 7-1-1 in BC.

Translation services available in more than 130 languages upon request.