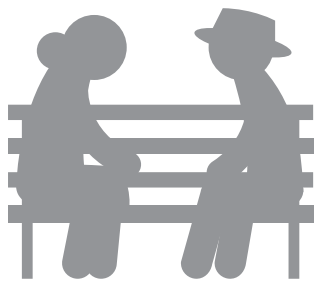


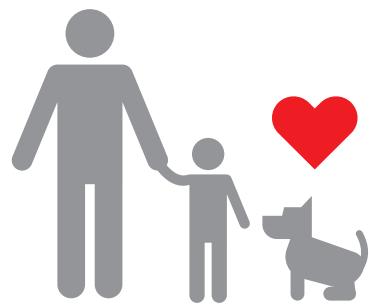
Be Summer Ready

PREVENT **HEAT-RELATED** ILLNESS

Know who is at risk



Older adults



Infants and young children

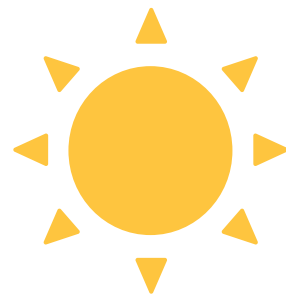


People who work outdoors



People who exercise in the heat

Check the forecast



31°C



20°C



HUMIDEX
40+

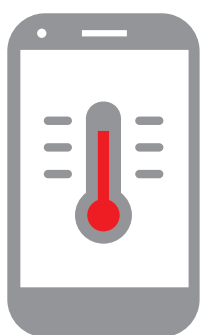


Heating warnings are issued when it's at least 31°C with overnight temperatures above 20°C or when the humidex is at least 40 for two days.

Keep hydrated



Drink plenty of cool liquids, especially water, before you feel thirsty to decrease your risk of dehydration.



Find the location of local cooling centres and sign up for heat warnings at

halton.ca

Stay cool



Avoid direct sun exposure



Wear loose-fitting, light-coloured clothing and a wide-brimmed hat



Visit friends, neighbours and older adults to make sure they are staying cool and hydrated



Find a cool place or visit a cooling centre

Learn how to be ready for severe weather emergencies:
halton.ca