IT’S HOT OUTSIDE.
PROTECT YOURSELF!
**DRINK UP**
Drink a lot of water before you start feeling thirsty.

**COOL DOWN**
Spend a few hours per day in cool spaces like shelters, libraries, malls, etc.

**AVOID ALCOHOL**
Focus on hydration.

**BLOCK THE SUN**
Close the curtains or blinds during the day and open the windows when it’s cool at night.

**REFRESH**
Take cool showers or baths when needed.

**CONNECT**
Reach out to family and friends to check on them.

**SLOW DOWN**
Reduce your physical effort.

**CHOOSE LIGHT COLOURS**
Wear light-coloured clothing.