

# Beat the heat for a safe summer!

What could be better than a hot sunny summer day? Nothing. But when the temperatures and the UV index rise, health and comfort can be at risk.

## The Canadian Red Cross advises you to take these steps to keep cool:

- **Drink plenty of water**, even if you don't feel thirsty. Dehydration can be dangerous. If you've lost a lot of water to perspiration, you need to replenish it. Water or fruit juice is best. Avoid caffeinated and alcoholic beverages; they can further dehydrate you.
- If you don't have air conditioning at home, **use air-conditioned places** like shopping malls and community centres.
- **Never, ever leave children or pets unattended in cars**, which can quickly reach deadly temperatures even with the windows cracked on a hot day.
- **Avoid the midday heat**. Plan your day to do strenuous or outdoor activity in the cooler morning or evening hours, and stay inside or seek shade during the hotter part of the day.
- **Slow down activities that make you hot**. Work and exercise in brief periods. Take frequent breaks.

**Take signs of dehydration and heat exhaustion seriously**—these might include severe muscle contractions in the legs or abdomen, headache, elevated body temperature, dizziness or weakness, and/or irritable, bizarre or combative behaviour.

If you notice these signs in someone else, call for emergency help (9-1-1). Then move the person to a cooler location, remove any excess clothing, give small sips of cool water and cool them by bathing or sponging with tepid—not cold—water.

## Have a cool summer!

Courtesy of Red Cross