

# What to do when it's really hot?

## Symptoms to watch for



Exhaustion  
(fatigue)



Dehydration  
(dry mouth)



Headaches



Dizziness



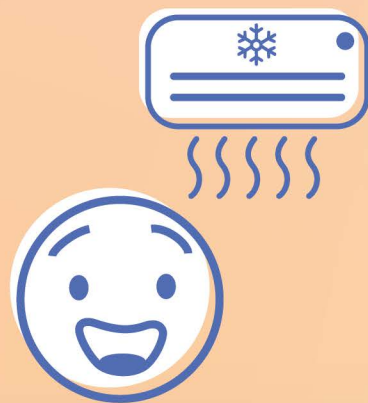
Confusion



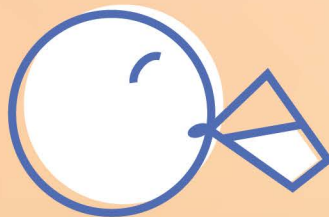
Skin redness and  
rash-like spots

If these symptoms are present, call 811.  
If there is fever or fainting in addition to those symptoms, go to the CLSC.

## How can you prevent heat-related health problems?



Spend time in  
a cool place



Drink a lot  
of water



Reduce  
physical effort



Wear lightweight  
clothing



Take a cool  
shower or bath



Check on people  
vulnerable to heat