

Actions to beat the heat this summer



Pay attention this summer to the Weather Network channel, the radio and the web for heat alerts.

Following are some actions to protect yourself against the heat. Choose your actions depending on your exposure and individual vulnerability to heat:



- Drink plenty of cool fluids, especially water, BEFORE feeling thirsty
- Sprinkle clothing with water.
- Splash cool water on your face and back of neck.
- Take cool showers or baths until refreshed.
- Make arrangements to sleep in a cooler place.
- Spend a few hours in a cool place such as a shaded park while respecting [COVID-19 Public Health Guidance](#).



- Plan outdoor activities around cooler parts of the day while respecting [COVID-19 Public Health Guidance](#).
- Wear lightweight, loose-fitting and light coloured clothing.
- Use your air conditioner if you have one.
- Keep the sun out with curtains or blinds.
- Avoid exposure to the sun.
- Avoid using the oven for cooking a meal.
- While following [COVID-19 Public Health Guidance](#), frequently check-in with vulnerable family members and neighbours to make sure they are coping well. Connecting virtually in light of COVID-19 is encouraged. Those living in an apartment with no air conditioning are at greater risk.
- Never leave someone or a pet in your care inside a parked car.



Heat-related illnesses are preventable

Seek medical attention if you experience symptoms that are out of the ordinary: **heavy sweating, paleness, muscle cramps, faintness, fatigue, dizziness, headache or nausea**

Visit our website for more information:
www.gnb.ca/publichealth



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For emergencies call 911

For 24/7
non-urgent
inquiries

