

# Tips to Beat The Heat



**Cool Your  
Body**



**Hydrate**



**Reduce  
Indoor Heat**



**Protect  
Your Pets**



**Avoid Sun  
Exposure**



**Are You  
at Higher Risk  
in the Heat?**  
(medication/  
medical condition)



**Check on  
Others**



**Avoid/Limit  
Alcohol &  
Caffeine**

**Extreme heat can be dangerous.**

[www.healthlinkbc.ca/more/health-features/beat-heat](http://www.healthlinkbc.ca/more/health-features/beat-heat)

For non-emergency health information and services call **811**.

# Sorry We Missed You!

 **Date:** \_\_\_\_\_

 **Time:** \_\_\_\_\_

 **Address:** \_\_\_\_\_

 **Unit Number:** \_\_\_\_\_

You can reach us at:



**See a doctor** if you are not feeling well, and in a **medical emergency call 911**. For **non-emergency health information and services call 811**.

For deaf and hearing-impaired assistance call 7-1-1 in BC.

Translation services available in more than 130 languages upon request.