



5 SIMPLE WAYS TO COPE WITH A HEATWAVE



1 STAY HYDRATED

Drink water regularly - don't wait until you feel thirsty.



2 REGULATE YOUR BODY TEMPERATURE

Take quick, cool showers, soak your feet, or place a damp cloth on your neck or wrists.

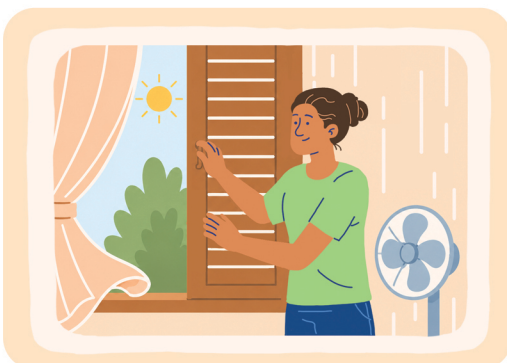


3 AVOID PEAK HEAT

Stay out of direct sun between midday and late afternoon. Rest when possible.

4 CHECK ON OTHERS

Reach out to older adults and people living alone. And don't forget pets and livestock – they also need water, shade, and a place to rest.



5 BE SMART ABOUT STAYING COOL

Close shutters during the day, use fans and air conditioning during peak heat and cool only the rooms you are using.



OUR CLIMATE
OUR COMMUNITY