

When it's **hot**



Drink water regularly



Protect yourself from the sun



Find a cool place for a break



Reduce strenuous activity



If unwell, get out of heat & get help



Check on others

Too much heat and humidity can lead to dehydration, heat exhaustion, other serious illnesses and even death. Early symptoms of heat-related illness can include: headache, dizziness or fainting, rapid breathing or heart rate or otherwise feeling unwell. Get out of the heat and try to cool down. Seek medical care if needed. Older adults, people with chronic health conditions, on certain medications, or living alone are at greatest risk for a heat-related illness.

To learn more about how you can protect yourself, visit:

www.manitoba.ca/health/publichealth or call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257.