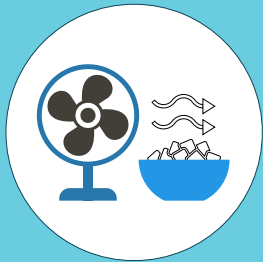


STAY COOL IN LANGLEY CITY!

PLAN AHEAD



Prepare Your Home

Keep ice in your freezer to put in a pan for your fan to blow over. This can create a cooler breeze than the fan alone.

Close blinds/curtains during daylight to reduce heat. Open them at night to let in cool air.

Consider purchasing an indoor thermometer to monitor the temperature in each room.

BE HEALTHY



You Are What You Eat

Keep hydrated! Don't wait until you feel thirsty - drink water often to help you stay cool.

Eat cool foods!
Eat salads, fruits, and vegetables.
If you need to cook, use a microwave, or barbecue outside.



BE COOL



Avoid Overheating

Take cool baths or showers. Lightly mist yourself and your clothing with cool water.

Avoid activities during the hottest part of the day between 10:00am and 4:00pm.

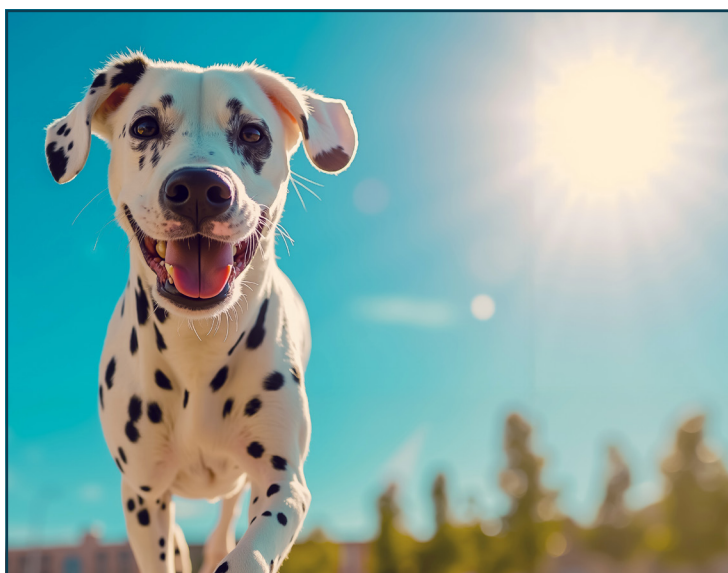
Escape from the heat by visiting the City's coffee shops, mall, restaurants, community centre, parks and splash parks.

TAKE TIME TO BE A SUN ANGEL

Check in with friends, family, and neighbours, particularly those who are elderly, socially isolated, have pre-existing conditions, or mobility challenges, as they are at a higher risk for heat-related illnesses or even death.

For **heat exhaustion** (i.e. skin rash, excessive sweating, extreme thirst, headache) - move to a cool place and provide water.

For **heat stroke** (i.e. fainting, confused, unbalanced) - call 911!



MAKE PET SAFETY COOL

Close blinds to keep pets out of direct sunlight.

Always have fresh, cool drinking water readily available. Add ice cubes to keep drinking water cool.

To help prevent over-heating, use a spray bottle or cool, damp cloth to dampen your pet's coat.

NEVER leave pets in a parked car! Leaving car windows open will **NOT** lower the temperature enough it to be safe.

This information is brought to you by the Langley City Emergency Program (LCEP) and PreparedBC. Check out [Langleycity.ca/Emergency](https://langleycity.ca/Emergency) to learn more about preparing for an emergency.

LANGLEY CITY EMERGENCY PROGRAM

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 @theLCEP

