

HOW TO

STAY COOL

AT HOME

When it heats up outside use these tips to STAY COOL AT HOME

Avoid the sun!

Between 10 am and 4 pm.



Don't overdo it!

Rest and relax often, especially if you feel tired or hot.



Keep hydrated!

Don't wait until you feel thirsty, drink water often to help you keep cool.



Don't overheat!

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



Make food cool!

Eat salads, fruits, and vegetables to help hydrate. Cook food in a microwave or outdoor barbeque.



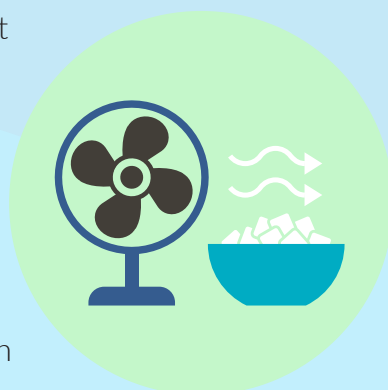
Before a heat warning PREPARE YOUR HOME

Close blinds/curtains during the day to reduce indoor heat. Open the blinds/curtains at night to let heat escape and let cooler air into the room.

Shelter in the coolest room in your home. Heat rises, so the ground floor or basement will usually be the cooler spots in a house.

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

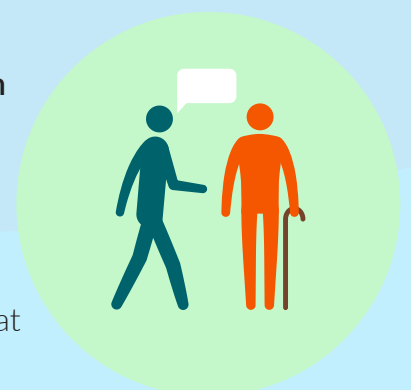
Seek out a cooler place if temperatures indoors are unbearable. Check out the City's mall, coffee shops, restaurants, and more to escape the heat. For more cool places in Langley City check [LangleyCity.ca/StayCool](https://www.langleycity.ca/StayCool)



Take time to BE A SUN ANGEL

Develop a buddy system to check in with friends, family, and neighbours during a heat warning.

Elderly, isolated, and people with mobility or other challenges can be at a higher risk and may be less able to prepare.

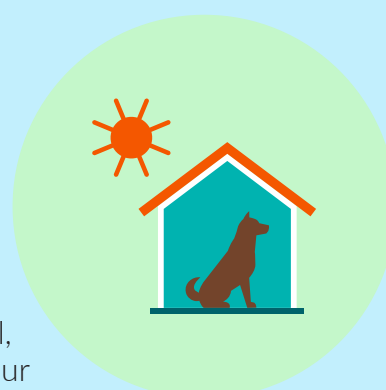


Safety tips to KEEP PETS COOL

Close blinds to keep pets out of direct sunlight.

Provide LOTS of fresh, cool drinking water. Add ice cubs to keep water cool.

Use a spray bottle or cool, damp cloth to dampen your pets coat to help prevent over-heating.



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[LangleyCity.ca/Emergency](https://www.langleycity.ca/Emergency)

LANGLEY CITY EMERGENCY PROGRAM

