



Beat the Heat

Staying Safe in Hot Weather

Extreme heat can be dangerous. It can make you sick, especially if you are outside for a long time or do not have air conditioning. It is important to stay aware of hot weather and be prepared.

1. Know the Signs of Heat Stress



Heat exhaustion: Heavy sweating, dizziness, headache, nausea, muscle cramps, fast heartbeat and feeling weak.



Heat stroke (a medical emergency): Confusion, fainting, dry skin, very high body temperature or seizures.

Call 911 right away if someone shows signs of heat stroke.

2. Cool Down and Stay Hydrated



Drink water often, even if you do not feel thirsty.



Cool your body with spray bottles, wet towels or cool showers. Wear light-coloured, loose-fitting clothing and a hat.



Stay in the shade or go indoors when possible.

3. Find Cool Places in the Community



Free cool-down locations are listed in the **Guelph and Wellington Hot Weather Response Plans**, including public libraries, recreation centres, City or Town Halls and shelters.

4. Check on Others



Check on friends, neighbours and people outside. If someone seems confused, sick or faints, move them to a shaded area and call for help.