

STAY SAFE

in the SUMMER HEAT

MAKE A PLAN TO BEAT THE HEAT



IF YOU NEED HELP

Medical emergencies:

Phone 9-1-1

Health questions on heat-related symptoms:

Phone 8-1-1

Public locations to help you keep cool:

Phone 3-1-1

Interpretation services are
available for the phone numbers above

- 1 Spend time in a cool or air-conditioned place.
- 2 Stay in the shade when outside.
- 3 Wear a wide-brimmed hat, lightweight, loose-fitting clothing, and sunscreen.
- 4 Drink plenty of cool fluids such as water **before** you feel thirsty. Eat more cold foods which contain water, such as salads and fruit.
- 5 Splash cool water on your face and neck, wear a wet shirt, or use a wet towel to cool down. Take a cool shower or bath.
- 6 Walk slowly and cut down on activities that overheat you.
- 7 Know the signs of a medical emergency. Symptoms of heat stroke include high body temperature, dizziness or fainting, confusion, lack of coordination, or very hot and red skin.
- 8 Check in by phone, video chat, or in-person with anyone you know who is more vulnerable to heat. This includes people over 60 years of age, people who live alone, people with pre-existing physical and mental health conditions, and people who use drugs. Remember to check on pets too.
- 9 Close blinds or drapes during the day and only open your windows at night when it is cooler.
- 10 Indoor temperatures between 26 and 31 degrees Celsius can be dangerous for some. If indoor temperatures are above 31 degrees go to an air conditioned space.

FOR MORE INFORMATION AND UPDATES

vancouver.ca/hot-weather

(Translations available)



在夏季高溫中保持安全

預先計劃以克服高溫



如果您需要協助

醫療緊急情況：

致電 9-1-1

有關酷熱相關徵狀的健康問題：

致電 8-1-1

幫助您保持涼快的公眾地點：

致電 3-1-1

以上電話號碼均提供口譯服務

- 1 留在涼快或有冷氣的地方
- 2 在室外時留在陰涼的地方。
- 3 戴上闊邊帽，穿上輕薄鬆身的衣物，並塗上防曬。
- 4 在您感到口渴前飲用充足涼爽的液體飲品，例如清水。多進食含水份的清涼食物，例如沙律和水果。
- 5 在面部和頸部潑冷水，穿上濕的衣物或以濕毛巾降溫。洗一個冷水澡或冷水浴。
- 6 緩慢步行，減少會令您過熱的活動。
- 7 認識醫療緊急情況的徵兆。中暑的徵狀包括體溫升高、感到暈眩或昏厥、意識模糊、缺乏協調性，或者皮膚發熱發紅。
- 8 如果您認識易受高溫影響的人士，透過電話、視像聊天或親身前往查看等方式關心狀況。這包括 60 歲以上、獨居、現有身體和精神健康疾病，以及使用毒品的人士。緊記也要查看寵物的情況。
- 9 在日間關上百葉簾或垂簾，只在晚上天氣較清涼時開窗。
- 10 超過攝氏 26 度的室內溫度可能對部份人士造成危險。如果室內溫度超過 31 度，應前往有冷氣的地方。

更多資訊和最新消息

vancouver.ca/hot-weather

可提供翻譯版本

