

STAY SAFE DURING EXTREME HEAT

1. Drink plenty of water.
2. Stay in the shade or in air-conditioned spaces whenever possible.
3. Wear light-coloured clothing.
4. Apply sunscreen regularly.
5. Monitor yourself and your loved ones for signs of heat-related illnesses.



Scan here to visit Alberta Health Services' Extreme Heat Events webpage.



Otipemisiwak
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