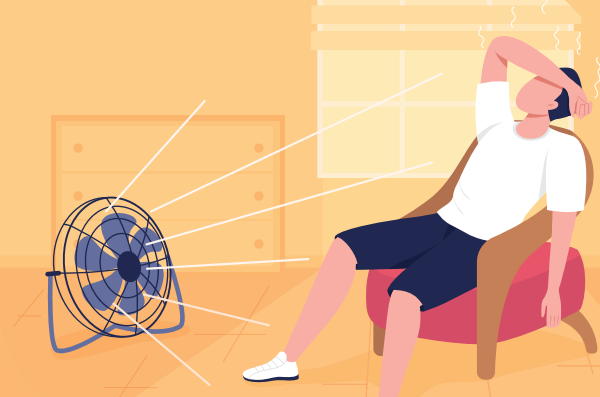
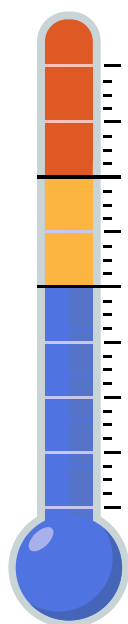


# IT IS TOO HOT



1. I check the temperature in my home using a thermometer

2. How hot is it in my home? :



- I keep monitoring the temperature.
- I cool myself down.
- I stay in contact with someone I know
- I leave home for somewhere cooler.
- I call someone who can help me.

## 3. Main symptoms to look for



Very tired



Confused



Headache



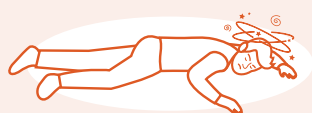
Thirsty



Temperature  
above 38,5°C



Dizzy



Fainting



Redness  
and skin rashes

## 4. How can I cool down?



Spend time in a  
cool place



Drink lots  
of water



Relax or reduce  
physical effort



Wear light clothing



Take a cool shower  
or bath

# I need help

## I can call someone I know :

Name :

Phone number :



## It is too hot. I can go to a cooler space :

Address :



To speak with  
a health professional

**811**

To know about spaces  
where I can cool down  
near my home

**311**

**In case of emergency**

**911**