

Staying Safe in the Sun!



How to Avoid Heat Related Illnesses



Drink **water & natural juices**. Avoid **alcoholic beverages**.



Wear **loose/light fitting clothing**, to try to keep skin **protected** from the sun.



Avoid **intense** physical activity during the middle of the day.



Take **breaks** from the sun . Take advantage of **shade** and **cool places**.



Know the signs of **heat related** illnesses.

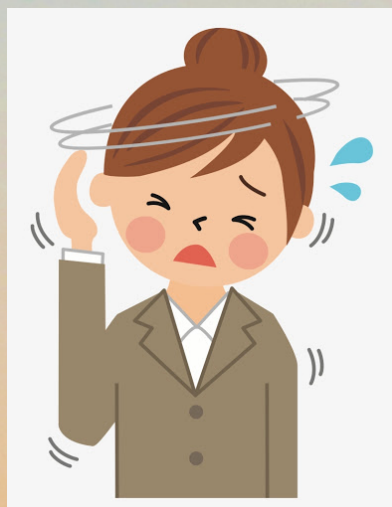
Most Vulnerable to Heat Related Illnesses

- The elderly
- Those with certain conditions which prevent them from moving on their own
- Infants and young children
- People who exercise or work outdoors
- People who are taking certain medications



Get help if you experience any of the following symptoms:

- Unusual headache
- Confusion
- Rapid breathing
- Weakness or fainting
- Noticeably more tired than usual



Things to do if you notice someone struggling from heat illness:

- Remove extra **clothing** from the person
- Cool the person with **lukewarm water**
- Move the person to a **cooler location**
- Give the person sips of **cool water**, not ice water
- **In severe cases**, call 911



SOURCE: TORONTO PUBLIC HEALTH