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Cool down, stay healthy this summer

Extreme heat can have serious effects on your health, especially if you are older, have a chronic condition, or take certain medications. Even healthy people can become sick during a heatwave if they don't take precautions. Symptoms of heat-related illness can include headaches, dizziness, nausea, and confusion.

If your home does not have air conditioning (AC), plan ahead. Many communities open cooling centres when heat warnings are in effect. You can also cool down in air-conditioned places such as shopping malls, libraries, or community centres. Try to stay out of the sun during peak hours (11 a.m. to 3 p.m.), drink plenty of water, and wear loose, light-coloured clothing.



If you feel unwell in the heat or notice someone else who seems confused, weak, or faint, seek medical attention right away. High temperatures can be dangerous, but they don't have to be—especially when you plan ahead. Take care of yourself and check in on family or neighbours.

For more safety tips
and information,
[click here](#)