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Protect yourself from the heat this summer

Hot days can put your health to the test, especially during heat waves. When temperatures rise, your body has to work harder to maintain a normal temperature. If this effort becomes too intense, you may suffer from heat exhaustion.

Signs to watch for

Be alert for the following symptoms: heavy sweating, headache, dizziness, nausea or vomiting, muscle cramps, intense thirst, dark urine, rapid breathing or pulse. These signs indicate that your body is having trouble cooling down.



What to do immediately

- If you experience one or more of these symptoms:
- Stop all physical activity.
- Rest in the shade or in a cool, air-conditioned place if possible.
- Drink water regularly, even if you are not thirsty.
- Cool your skin with a damp cloth or a cool bath.

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

When to seek medical help

If you feel confused, have a fever, lose consciousness, or your symptoms worsen rapidly, call 911 immediately or go to the emergency room.

Everyday prevention

- Drink water often, even before you feel thirsty.
- Avoid strenuous physical activity during the hottest hours of the day.
- Wear light-colored, loose-fitting clothing.
- Wear a wide-brimmed hat and apply sunscreen.