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Stay cool, stay connected this summer

Summer heat can put your health at risk, especially if you live alone or have limited social support. When people feel isolated, it may be harder to notice early signs of heat illness such as dizziness, nausea, confusion, or unusual tiredness. If untreated, heat stress can quickly become dangerous.

You can protect yourself with simple steps:

- Stay hydrated by drinking water often, even before feeling thirsty.
- Keep your home cool by closing blinds or curtains during the day, using a fan safely, and spending time in air-conditioned spaces whenever possible.
- Check in daily during heat waves by asking a friend, family member, or neighbour to reach out (and do the same for them). Staying connected strengthens safety.
- Know the warning signs of heat-related illness and seek help if symptoms worsen.



Please take action this summer to stay safe, cool, and connected.

For more
information, see this
[trusted Canadian
source](#)