

Warm Weather Safety



ABBOTSFORD EMERGENCY PROGRAM

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Hot weather can be a safety concern. Make sure you're prepared and play it smart and safe when the temperatures soar. For more information log onto the Fraser Health website at http://www.fraserhealth.ca/your_health/conditions_&_diseases/sun_smart/prevention.

Top 6 Tips for Staying Cool!

1

Drink plenty of cool water!
Drink before you become
thirsty especially if you are
sweating!



2

Wear a hat! Use sunscreen of
SPF 15 or higher and apply
every hour or after you get
wet.



3

Leave your pet at home! Don't leave
your pet locked inside your vehicle,
provide them with lots of shade and
fresh water. Take care when walking
them on hot cement.



4

Elderly people should take
extra care. Check on your
neighbours and friends.



5

Stay indoors where it's cool (malls,
recreation centres, libraries). Schedule
activities for early morning or late
evening when it's cooler.



6

Avoid strenuous activity during
the hottest parts of the day,
find some shade or cool places
to play.

