

EXTREME HEAT BUDDY LIST

Identify an Extreme Heat Buddy - if you live alone, find someone you will check in with to let them know you're ok, and just as important - Check to make sure your buddy is ok and staying cool! Your buddy should be someone who can take you to a cooling centre or other places to help keep you cool.

Name of Person	Telephone Number

Visit abbotsford.ca/emergencyguides to learn more.



ABBOTSFORD EMERGENCY PROGRAM
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