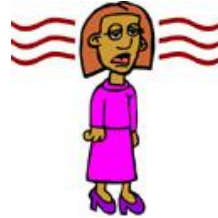




## The Medical Officer of Health has issued a **Heat Advisory Alert**

**Find help or call 911 if you or someone you are with is:**

- Breathing fast
- Really tired
- Having headaches
- Confused
- Fainting
- Weak



### Who is this alert for?

We should all be careful of the heat. Be extra careful if you:

- Are elderly
- Have problems walking
- Are sick
- Are on certain medications
- Have children or infants with you
- Have to work outside

### How can I stay cool?



**Do:** Drink lots of water  
Stay in the shade  
Wear a hat and loose fitting clothes  
Find a place that is air-conditioned (like malls or libraries)  
Take a cold bath or cool down with wet towels

**Don't:** Eat heavy meals or use your oven  
Leave a child or pet in the car or sleeping outside in the sun

**This alert is in effect until it is cancelled by the Medical Officer of Health**