

Stay Cool When it's Hot

- ☀️ Never leave children or animals in your car
- ☀️ Check on elderly neighbours or friends
- ☀️ Drink plenty of water, even if you are not thirsty
- ☀️ Wear a hat - avoid the outdoors during midday
- ☀️ Go to air conditioned locations (malls, library, stores, etc.)
- ☀️ Take a bath/shower or put cold cloths on your face/neck to cool down

Visit **chilliwack.com/beattheheat** or contact the Chilliwack Fire Department at **604.792.8713** for more information.

