



MINISTRY OF HEALTH & WELLNESS



COLUMBIA
MAILMAN SCHOOL
OF PUBLIC HEALTH
GLOBAL CONSORTIUM
ON CLIMATE AND
HEALTH EDUCATION

10 Things You Can Do To *Prevent Heat Illness*

1.

Cool living spaces with fans or air conditioning, while keeping curtains and windows closed during the day

2.

Paint your roof and south facing walls with heat-reflective paint

3.

Limit physical activity

4.

Increase water intake

5.

Wear lightweight clothing

6.

Take cool showers or baths

7.

Monitor for symptoms of heat illness such as excessive sweating, thirst or confusion

8.

Consider investing in improved insulation in your home structure, and increased tree canopy cover near your dwelling

9.

Check on friends and neighbours and have someone do the same for you

10.

Establish an emergency contact system in the event of power outages

LET'S DO IT Together