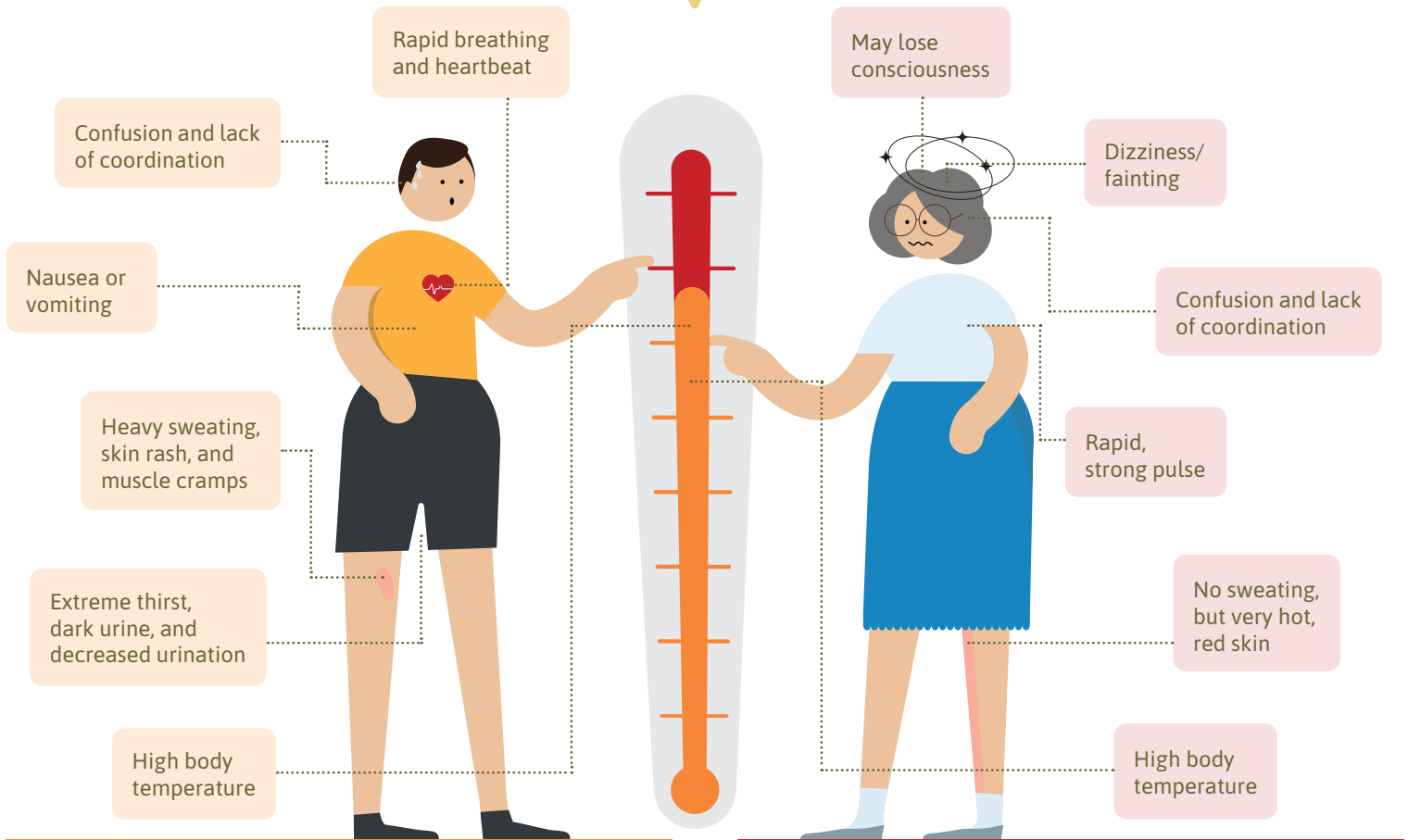


Stay Cool, PEI

During a heat wave, look out for these symptoms and take immediate action to protect yourself and those around you.

HEAT EXHAUSTION

HEAT STROKE



WHAT TO DO

- Move to a cool place and drink liquids
- Loosen clothing
- Put a cool, wet cloth on your body or take a cool shower
- Get medical help if symptoms worsen

WHAT TO DO

- **Call 9-1-1 immediately - heat stroke is a medical emergency**
- While waiting for help, move to a cool place if possible
- Apply cold water to large areas of skin or clothing



Scan the QR code to access our digital guide and get more detail on how to stay healthy and cool during a heat wave.

Remember, we're all in this together!



These resources have been created with support from the Government of PEI's Climate Challenge Fund.