

HEATING UP?

HOW TO STAY COOL

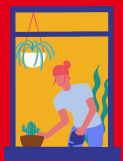


STAY HYDRATED

WEAR LIGHT CLOTHING



CLOSE YOUR WINDOW SHADE



TAKE A COOL SHOWER



EAT COOL FRUITS/VEGETABLES



USE COTTON BEDSHEETS

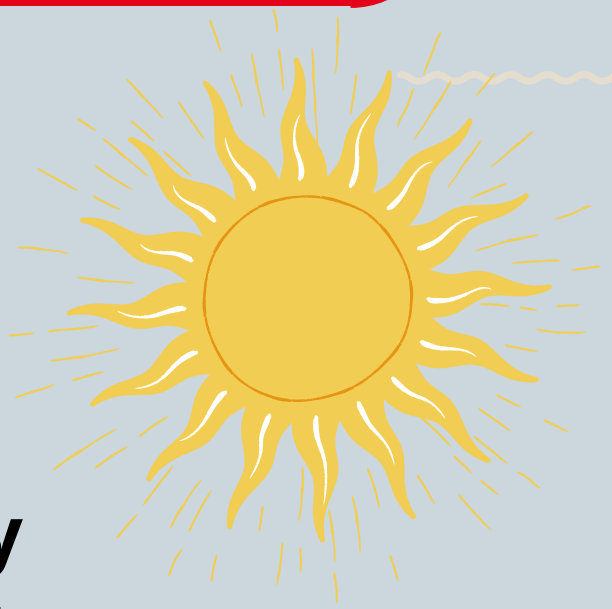


STAY IN THE SHADE



STAYING SAFE DURING COVID-19

- Physical distance
- Wash hands frequently
- Wear a mask if needed
- Use your own water bottle



**Please Call 211 For Cooling Centres
Near You**