

BUILD A COOL KIT

Cool down on hot days with these tips and tools



Thermometer

- Monitor indoor temperatures for yourself and those you are checking on
- It may be unsafe for some people at greater risk of heat illness to spend extended time in temperatures 26°C to 31°C
- Spending more than a brief period in temperatures over 31°C should be avoided for people who are at greater risk of heat illness



Small Tote

- Take a cool shower, bath, or sponge bath to cool off. Cool water helps evaporate heat from the body
- If you do not have access to a bath, fill a cool kit tote with cool water and soak parts of your body in it or give yourself a sponge bath



Towel

- Wet a towel and apply it to your skin
- You can also wear a wet shirt or other garment



Gel Compress

- Place a gel compress in the freezer
- Once chilled, wrap a piece of cloth around the compress and apply it to the sides of your neck, armpits or groin area
- Keep one in the freezer and rotate



Water Bottle

- Drink plenty of water to stay hydrated, before you feel thirsty



Spray Bottle

- In addition to wearing a wet shirt or towel, fill a spray bottle with cool water and mist your skin
- Apply a lot of water and often

For more information and updates, visit:
vch.ca/heat or nsem.ca/extremeheat

NSEM would like to thank the City of Vancouver and Vancouver Coastal Health for creating and sharing this public health resource.