

WATER SAFETY

- Wear a life jacket
- Drink lots of water
- Wear sunscreen and a hat
- Watch for signs of heat stroke
- Take breaks from the sun and limit exposure when the UV is highest



Water Safety

During this heat wave many people are seeking relief in lakes, pools and rivers across the province. This uptick of swimmers, rafters, and floaters has also created an increase of water rescues and heat-related illness. Local authorities are asking everyone to #BePrepared and take the following precautions while outside during this extreme heat event:

- Stay hydrated, take sun breaks, and drink water even when you're not thirsty.
- Limit your sun exposure when the UV is highest between 10 a.m. and 2 p.m., and always wear a hat and sunscreen outside.
- If you're out on the water, wear a life jacket and keep an emergency kit on hand.
- If you, or someone near you is in trouble, call 911.

Are you ready for a safe, fun summer? The best way to have fun in the sun is by ensuring you and your loved ones stay informed on local weather and events and are prepared for any possible outcome.