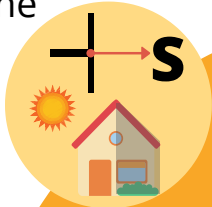


Beat the Heat

Stay safe this summer

How to prepare for the heat

Know which room in your house is the coolest (usually the south-side).



Use air-conditioning if you have it (make sure it's set to cool).



Cool your house by closing windows, shutting curtains and blinds.

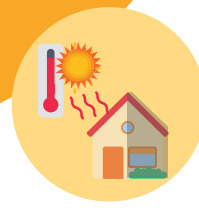


Know who to call if you need help.

If you feel unwell, seek medical advice from your doctor or nearest hospital.



Follow your doctor's advice if you have any medical conditions.



If there is no power or you can't get to an air-conditioned space, spend time in the coolest part of your house.



Keep an eye on the weather forecast.