



# How to stay safe during extreme heat events



Close windows and curtains during the day and open them at night.



Check on others, especially those who live alone or are most at risk.



Take it easy and avoid intense activities.



Apply ice packs and cool, damp cloths to your wrists and neck.



Seek cooler locations like shaded areas, basements, or air-conditioned buildings.



Drink plenty of water, even when you don't feel thirsty.

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Climate change and colonization continue to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

## For emotional and spiritual support, call:

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

## For medical support call:

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800
- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number