After a period of extreme heat, the cool change will arrive. Outside temperatures will drop and it may rain. However, it may still be hot indoors. Turn off your air conditioning system.

Open your curtains and windows to allow fresh air to circulate through your house.

Check on your neighbours, family and friends to make sure they are okay.

If you are uncertain, seek medical assistance.

Check on your animals and pets too, and take them to a vet if necessary.

If your air conditioning system is broken or faulty, request an electrician to fix it so you are ready for the next period of extreme heat.

Keep drinking water, even if you are not thirsty, as your body will take a while to cool down properly.

If you are uncertain about how much you can drink, check with your doctor. If your fluid intake is limited due to medication or some other reason, check with your doctor.

Make sure you are in good health, ready for the next period of extreme heat.