

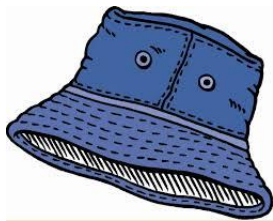
# St. Faustina Hot Weather Plan

**IT'S HOT OUTSIDE!**

***STAY COOL.  
STAY HYDRATED.  
STAY INFORMED.***

## Don't Let the Heat Stress You Out:

1. Be weather and temperature aware
2. Know and recognize the signs and symptoms of Heat Illness
3. Monitor daily heat advisories and adjust outdoor activity schedules
4. In the event of Peel or Environment Canada Heat Alert:



- ❖ Ensure that student and yourself remain hydrated at all times
- ❖ Reduce activity and stay in well ventilated and/ or air conditioned area
- ❖ Students are encouraged to wear a hat, sunglasses and sunscreen outdoors as well as light coloured clothing
- ❖ Students are reminded to reduce physical activity and stay in the shade whenever possible