

How to Stay Safe In the Cold

Drink warm fluids to prevent dehydration



Reduce the amount of time spent outdoors when the temperature is -25° Celsius or colder (with or without the wind chill)



Stay active, maintain good nutrition and get plenty of rest



Dress in layers of warm clothing, and change wet clothing or footwear immediately



Do not use an oven as a heating device. Ensure space heaters are well maintained and used properly to avoid the risk of fire

Maintain a heated indoor environment in the home or office



Landlords **MUST** maintain the heat at a minimum of 20° Celsius between September 15th and June 1st

