



Using substances during EXTREME HEAT



Adapted with permission from BCCDC Harm Reduction Services @TowardtheHeart.

EXTREME HEAT

Safer substance use during extreme heat may help prevent heat illness!

Stimulants (cocaine, crack, meth)

- Increase your body temperature
- Make it harder to cool off

Opioids (heroin, fentanyl)

- make it harder to:**
- feel effects of heat
 - take action to protect yourself

Alcohol (liquor, beer, wine, coolers)

- Dehydrates
- Makes it harder to cool off when taking large amounts

Reduce your risk during the heat

Be aware of how substances affect your body during extreme heat.



Stay with friends you trust and look out for each other.

Open windows at night and close them in the early morning, cover your windows during the day.



If it's more than 31°C outside, move to a nearby cooling centre, mall, park, pool or beach to cool off. Check out locations at [OttawaPublicHealth.ca](https://ottawapublichealth.ca).

Avoid using alone and [carry naloxone](https://ottawapublichealth.ca).

NALOXONE

1

Stick to one substance at a time. Take breaks between using different substances.

If drinking alcohol:

Stick to the limits you set for yourself.



Drink slowly and eat before and while you are drinking.

Choose drinks with less than 5% alcohol. Check the label for the amount of alcohol in your drink.



Avoid mixing alcohol with other substances (drugs, prescription medications, and caffeine).

Have one non-alcoholic drink (water, juice or sports drink, for every drink of alcohol.



Need help?

Visit [Mental Health, Addictions and Substance Use Health Services and Resources](https://ottawapublichealth.ca) for more information on resources, programming and treatment on mental health and substance use health.