
Summer Heat Safety Notice

When the Medical Officer of Health calls a **Heat Alert** or **Extreme Heat Alert**, residents are encouraged to take steps to keep cool. Even a few hours in a cooler environment can reduce the risk of illness.

The cool room in this building is located _____

If a cool room is not available, visit air conditioned or cool places such as shopping malls, libraries, community centres or a friend's place.

During an Extreme Heat Alert, residents can also visit one of the following Cooling Centres:

Metro Hall

55 John Street
(John and King)
Open: 24 hours

East York Civic Centre

850 Coxwell Avenue
(Coxwell and Mortimer)
Open: 11 a.m. – 7 p.m.

Etobicoke Olympium

590 Rathburn Road
(Rathburn west of Renforth)
Open: 11 a.m. – 7 p.m.

North York Civic Centre

5100 Yonge Street
(Yonge and Sheppard)
Open: 11 a.m. – 7 p.m.

McGregor Community Centre

2231 Lawrence Avenue East
(Lawrence east of Birchmount)
Open: 11 a.m. – 7 p.m.

Driftwood Community Centre

4401 Jane Street
(Jane north of Finch)
Open: 11 a.m. – 7 p.m.

Centennial Recreation Centre

1967 Ellesmere Road
(Ellesmere west of Markham)
Open: 11 a.m. – 7 p.m.

Tips to beat the heat:

- Drink lots of cool water even before you feel thirsty.
 - Go to an air conditioned place such as a shopping mall, library or community centre.
 - Wear loose light coloured breathable clothing and when outdoors wear a wide-brimmed hat.
 - Avoid the sun and stay in the shade or use an umbrella.
 - Reschedule or plan outdoor activities during the cooler parts of the day.
 - Take cool showers or baths or use cool wet towels to cool down.
 - Keep blinds or drapes closed to block out the sun during the day.
 - Make meals that don't use an oven, especially if you don't have air conditioning.
 - Use a fan next to your window, to bring cooler air in from outside.
 - Never leave a person or pet inside a parked car or in the direct sunlight.
 - Consult with your doctor or pharmacist on medications that increase your risk to heat.
- Call or visit at-risk family, friends or neighbours, especially seniors living alone to make sure they are drinking plenty of fluids and keeping cool.

Call 911 in case of an emergency