
If you feel ill, faint, have difficulty breathing or feel disoriented visit your doctor or nearest hospital right away.

In an emergency call 911

For more information about the health effects of extreme heat call
Canadian Red Cross Heat Information Line
416-480-2615

Summer Safety Tips to Beat the Heat

Fan Facts

Enjoy a safe summer

PH0804DS0122

416.338.7600
toronto.ca/health

 **TORONTO**
Public Health

416.338.7600
toronto.ca/health

 **TORONTO**
Public Health

DO...

- Use your fan in or next to a window. Box fans are best.
- Use a fan to bring in the cooler air from outside.
- Use your fan by plugging it directly into the wall outlet. If you need an extension cord, it should be CSA or Canadian Standards Association approved.

DON'T...

- Don't use a fan in a closed room without windows or doors open to the outside.
- Don't believe that fans cool air. They don't. They just move the air around. Fans keep you cool by evaporating your sweat.
- Don't use a fan to blow extremely hot air on yourself. This can cause heat exhaustion to happen faster.

If you're afraid to open your window to use a fan, choose other ways to keep cool. See the tips on the Summer Safety: How to Beat the Heat fact sheet.

Hot Weather Warnings for Toronto

Toronto's hot weather response plan coordinates the efforts of City of Toronto and community agencies to prevent illness during periods of extremely hot weather.

When hot weather becomes oppressive due to high temperatures and other factors, the Medical Officer of Health issues a **heat alert**. It may be upgraded to an **extreme heat alert**.

A **Heat Alert** means that the conditions brought on by a hot air mass are such that the likelihood of additional deaths, above those that are typical for the same time of year, is more than 65 percent.

An **Extreme Heat Alert** means that the conditions brought on by a hot air mass are such that the likelihood of additional deaths, above those that are typical for the same time of year, is more than 90 percent.

When it is extremely hot it is important to spend even a few hours in a cooler environment to cool the core body temperature down. This helps save lives.
