Protect your health from heat

Heat illness is preventable

Too much heat can make you sick, and lead to serious health problems or even death. Know the symptoms of heat related illnesses, including: **dizziness**, **feeling sick**, having a **headache** or feeling **very thirsty**. In very hot or humid weather:

- Drink plenty of water even before you feel thirsty

- Take a break from the heat, go to an air-conditioned place like a local library, community centre or shopping mall

- Call or visit family, friends and neighbours (especially older adults living alone) to make sure they are drinking plenty of water and keeping cool

- **Call 911** if you have or someone else has any of the signs of heat stroke:
  - High body temperature
  - Confusion
  - Stopped sweating
  - Fainted or unconscious

In summer, apartments can get hotter than outside. Make a plan to keep your home cool:

- Block out the sun, keep blinds and curtains closed during the day
- Open windows for more air
- Use a fan near an open window to bring in cooler air from outside
- Avoid using the oven or stove, they make your space hotter
- Ask your landlord if there is an air-conditioned common area that residents can visit

Protect your health from heat visit *toronto.ca/health* for information

Proteja su salud del calor – visite *toronto.ca/health* e infórmese

注意防暑，保護健康 – 訪問 *toronto.ca/health* 獲取更多資訊

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گرمی سے اپنی صحت کی حفاظت کریں – مزید معلومات کے لیے *toronto.ca/health* ملاحظہ کریں

ગરમીથી તમારા આરોગ્યનું રક્ષણ કરો – માહિતી માટે *toronto.ca/health* ની મુલાકાત લો

আপনার স্বাস্থ্যকে তাপ থেকে সুরক্ষিত রাখুন –তথ্যের জন্য *toronto.ca/health* দেখুন

حافظ على صحتك من الحرارة – لمزيد من المعلومات، تفضل بزيارة *toronto.ca/health*

ਆਪਣੀ ਸਿਹਤ ਨੂੰ ਗਰਮੀ ਤੋਂ ਬਚਾਓ -- ਜਾਣਕਾਰੀ ਲਈ *toronto.ca/health* 'ਤੇ ਜਾਓ

محافظت از سلامت خود در برابر گرما - برای اطلاعات بیشتر از وب سایت *toronto.ca/health* بازدید نمایید.

வெப்பத்திலிருந்து உங்களது ஆரோக்கியத்தைப் பாதுகாத்துக் கொள்ளுங்கள் – தகவல்களுக்காக *toronto.ca/health* இற்குச் செல்லுங்கள்

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