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

- **AVOID THE SUN**
  - Stay in the shade or use an umbrella.

- **PROTECT PEOPLE & PETS**
  - Never leave a person or pet inside a parked car.

- **KEEP COOL**
  - Find a cool space near you - call 311 or visit toronto.ca/keepcool for information and resources.
  - Call, text or video chat with family, friends & neighbours (especially older adults living alone) to make sure they’re staying hydrated & keeping cool.
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- **USING A FAN**
  - Use a fan near an open window to bring in cooler air from outside.

- **AVOID USING THE OVEN**
  - Limit the use of the oven or stove; they make your space hotter.

- **STAY HYDRATED**
  - Drink lots of water even before you feel thirsty.

- **CHECK ON OTHERS**
  - Call, text or video chat with family, friends & neighbours (especially older adults living alone) to make sure they’re staying hydrated & keeping cool.

- **BLOCK THE SUN**
  - Keep blinds or curtains closed during the day.

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**COVID-19** is circulating in Toronto. Remember to follow these tips to avoid being exposed:

- Stay home when you are ill
- Practice physical distancing when you are out
- Wash your hands with soap and water
- Stay informed, visit toronto.ca/COVID-19

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

Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.