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 illness including dizziness, feeling sick, having a headache or feeling very thirsty.

In very hot or humid weather:

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

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

KEEP COOL
Find a cool space near you - call 311 or visit toronto.ca/keepcool for information and resources.

COOL CLOTHING
Wear light, loose clothing and when outdoors, a wide-brimmed hat.

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

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

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.

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

Call 311 toronto.ca/keepcool
AVOID USING THE OVEN
Limit the use of the oven or stove; they make your space hotter.

USE A FAN
Use a fan near an open window to bring in cooler air from outside.

PLAN AHEAD
Ask your landlord about providing an air-conditioned common area that residents can visit.

BLOCK THE SUN
Keep blinds or curtains closed to block out the sun during the day.

Protect your health from heat visit

toronto.ca/keepcool for information

Keep cool at home

Call 311
toronto.ca/keepcool