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 and water
- Stay informed, visit toronto.ca/COVID-19

Keep cool:

- Find a cool space near you - call 311 or visit toronto.ca/keepcool for information and resources.
- Wear light, loose clothing and when outdoors, a wide-brimmed hat.
- Stay in the shade or use an umbrella.
- Ask your doctor or pharmacist if the medications you take increase your heat risk.
- Call, text or video chat with family, friends & neighbours (especially older adults living alone) to make sure they’re staying hydrated & keeping cool.
- Take cool showers or baths or use cool, wet towels to cool down.
- Reschedule or plan outdoor exercise (e.g. run, walk or bike) during the cooler parts of the day.
- Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.
- 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.
- Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.

Stay hydrated:

- Drink lots of water even before you feel thirsty.
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Shower power:

- Take cool showers or baths or use cool, wet towels to cool down.

Cool clothing:

- Wear light, loose clothing and when outdoors, a wide-brimmed hat.
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Avoid the sun:

- Stay in the shade or use an umbrella.
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Lower your risk:

- Ask your doctor or pharmacist if the medications you take increase your heat risk.
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Protect people & pets:

- Never leave a person or pet inside a parked car.
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Play it safe:

- Reschedule or plan outdoor exercise (e.g. run, walk or bike) during the cooler parts of the day.
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Watch out:

- Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.
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Tips to Beat the Heat! 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

Stay Hydrated:

- Drink lots of water even before you feel thirsty.

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Play It Safe:

- Reschedule or plan outdoor exercise (e.g. run, walk or bike) during the cooler parts of the day.

Watch Out:

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

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

USE 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.

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

PROTECT YOUR HEALTH FROM HEAT
Visit toronto.ca/keepcool for information.

Call 311
toronto.ca/keepcool