



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

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 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.



KEEP COOL

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



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.



PROTECT PEOPLE & PETS

Never leave a person or pet inside a parked car.



AVOID THE SUN

Stay in the shade or use an umbrella.



PLAY IT SAFE

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



LOWER YOUR RISK

Ask your doctor or pharmacist if the medications you take increase your heat risk.



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

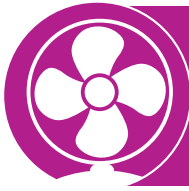
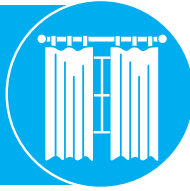
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KEEP COOL AT HOME

BLOCK THE SUN

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

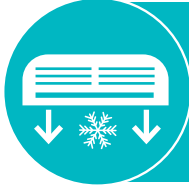


USE A FAN

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

Protégez-vous de la chaleur, visitez le toronto.ca/keepcool pour obtenir plus de renseignements

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

Ka ilaali caafimaadkaaga kulaylka oo booqo toronto.ca/keepcool hadaad rabto macluumaad

預防中暑保護健康。可訪問 toronto.ca/keepcool 獲取有關資訊

احمي صحتك من الحرارة، يمكنك زيارة toronto.ca/keepcool لمزيد من المعلومات

ভাপ থেকে আগনার স্বাস্থ্য রক্ষার জন্য ভ্যাব সেভে toronto.ca/keepcool দেখুন

ગરમીથી આપના સ્વાસ્થ્યનું રક્ષણ કરો, વધુ માહિતી માટે toronto.ca/keepcool પર જાઓ

गरमी ਤੋਂ ਆਪਣੀ ਸਹਿਤ ਦੀ ਰੱਖਿਆ ਕਰੋ, ਜਾਣਕਾਰੀ ਲਈ toronto.ca/keepcool 'ਤੇ ਜਾਓ

வெப்பத்திலிருந்து உங்கள் ஆரோக்கியத்தைப் பாதுகாத்துக் கொள்ளுங்கள், தகவல்களுக்காக toronto.ca/keepcool இற்குச் செல்லுங்கள்

حرارت سے اپنی صحت کی حفاظت کریں مزید معلومات کے لیے toronto.ca/keepcool ملاحظہ کریں

از سلامت خود در برابر گرما محافظت کنید برای کسب اطلاعات بیشتر از toronto.ca/keepcool بازدید کنید

Call **311**
toronto.ca/keepcool

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