

Summer Heat Safety Notice

During hot weather, residents are encouraged to take steps to keep cool.

The nearest Emergency Cooling Centre is located:

Name: _____

Address: _____

Emergency Cooling Centres are open from 11 a.m. to 7 p.m. on days when Environment and Climate Change Canada issues a Heat Warning. The Centres are closed during other times.

Visit toronto.ca/keepcool or call 311 for more information on Emergency Cooling Centres.

Download the WeatherCAN app to obtain up-to-date information on the issuance of Heat Warnings.

The cool room in this building is located:

Tips to beat the heat:

- Drink lots of cool water even before you feel thirsty.
- Keep blinds or drapes closed to block out the sun during the day.
- Use a fan next to your window, to bring cooler air in from outside.
- Never leave a person or pet inside a parked car.
- Take cool showers or baths, or use cold wet towels to lower body temperature.
- Consult with your doctor or pharmacist on medications that increase your risk to heat.

Call 311 for information about Emergency Cooling Centres/cool spaces that are open to the public.

Call 911 in case of an emergency.