



# TIPS TO BEAT THE HEAT!

**COVID-19 continues to circulate in Toronto.  
Remember to follow these tips to help reduce the  
spread and protect you and the community:**

- Stay home if you are feeling unwell
- Stay up-to-date with your COVID-19 vaccination, including any booster dose(s)
- Reduce or limit your close contacts

- Keep a physical distance when possible, especially indoors
- Wear a high quality, well-fitting mask, especially indoors
- Wash or sanitize your hands often
- Choose well ventilated spaces when possible

## 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](https://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](https://toronto.ca/keepcool)

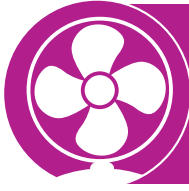
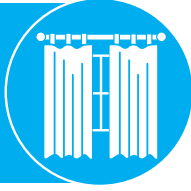
 **TORONTO**



# KEEP COOL AT HOME

## BLOCK THE SUN

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

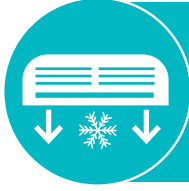


## USE A FAN

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](https://toronto.ca/keepcool) for information

Protégez-vous de la chaleur, visitez le [toronto.ca/keepcool](https://toronto.ca/keepcool) pour obtenir plus de renseignements

Proteja su salud del calor – visite [toronto.ca/keepcool](https://toronto.ca/keepcool) e infórmese

Ka ilaali caafimaadkaaga kulaylka oo booqo [toronto.ca/keepcool](https://toronto.ca/keepcool) hadaad rabto macluumaad

預防中暑保護健康。可訪問 [toronto.ca/keepcool](https://toronto.ca/keepcool) 獲取有關資訊

احمي صحتك من الحرارة، يمكنك زيارة [toronto.ca/keepcool](https://toronto.ca/keepcool) لمزيد من المعلومات

ভাপ থেকে আগনার স্বাস্থ্য রক্ষার জন্য ভাষ্য সেতে [toronto.ca/keepcool](https://toronto.ca/keepcool) দেখুন

ગરમીથી આપના સ્વાસ્થ્યનું રક્ષણ કરો, વધુ માહિતી માટે [toronto.ca/keepcool](https://toronto.ca/keepcool) પર જાઓ

गरमी से आपकी सवित्ती की रक्षा करे, जाहकारी ली [toronto.ca/keepcool](https://toronto.ca/keepcool) 'से जाओ

வெப்பத்திலிருந்து உங்கள் ஆரோக்கியத்தைப் பாதுகாத்துக் கொள்ளுங்கள், தகவல்களுக்காக [toronto.ca/keepcool](https://toronto.ca/keepcool) இற்குச் செல்லுங்கள்

حرارت سے اپنی صحت کی حفاظت کریں مزید معلومات کے لیے [toronto.ca/keepcool](https://toronto.ca/keepcool) ملاحظہ کریں

از سلامت خود در برابر گرما محافظت کنید برای کسب اطلاعات بیشتر از [toronto.ca/keepcool](https://toronto.ca/keepcool) بازدید کنید

Call **311**  
[toronto.ca/keepcool](https://toronto.ca/keepcool)

