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.

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

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

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

BLOCK THE SUN
Keep blinds or curtains closed during the day.

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

AVOID USING THE OVEN
Limit the use of the oven or stove; they make your space hotter.

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.

PROTECT your health from heat visit toronto.ca/keepcool for information

Call 311 or visit toronto.ca/keepcool for information.

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