

# TIPS TO BEAT THE HEAT!

**COVID-19 is circulating in Toronto.**

**Remember to follow these tips to avoid being exposed:**

- Stay home if you are feeling unwell
- Keep two metres distance when you are out
- Wash your hands often or use alcohol-based sanitizer
- Wear your mask in indoor public spaces, and outdoors when you can't keep your distance
- Stay informed, visit [toronto.ca/COVID-19](https://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 illnesses 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](https://toronto.ca/keepcool)  
for information and resources.

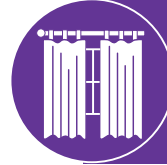


## USE A FAN

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.

## 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

তাপ থেকে আপনার স্বাস্থ্য রক্ষার জন্য তথ্য পেতে [toronto.ca/keepcool](https://toronto.ca/keepcool) দেখুন

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

गरमी ਤੋਂ ਆਪਣੀ ਸਹਿਤ ਦੀ ਰੱਖਿਆ ਕਰੋ, ਜਾਣਕਾਰੀ ਲਈ [toronto.ca/keepcool](https://toronto.ca/keepcool) 'ਤੇ ਜਾਓ

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

## 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 3-1-1

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

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