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

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 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.

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 for information

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