

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

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.

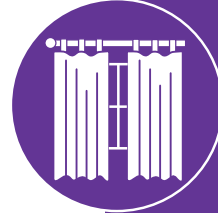


USE A FAN

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.

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 for information

Protégez-vous de la chaleur, visitez le toronto.ca/keepcool pour obtenir plus de renseignements

Proteja su salud del calor – visite toronto.ca/keepcool e infórmese

Ka ilaali caafimaadkaaga kulaylka oo booqo toronto.ca/keepcool hadaad rabto macluumaad

預防中暑保護健康。可訪問 toronto.ca/keepcool 獲取有關資訊

احمي صحتك من الحرارة، يمكنك زيارة toronto.ca/keepcool لمزيد من المعلومات

তাপ থেকে আপনার স্বাস্থ্য রক্ষার জন্য তথ্য পেতে toronto.ca/keepcool দেখুন

गरमीथी आपना स्वास्थ्ययुनु रक्षारु करो, वधु माडति माटे toronto.ca/keepcool पर जाओ

गरमी उँ आपही सहित दी रँधआ वरे, जाहवारी लए toronto.ca/keepcool 'उँ जाँ

வெப்பத்திலிருந்து உங்கள் ஆரோக்கியத்தைப் பாதுகாத்துக் கொள்ளுங்கள், தகவல்களுக்காக toronto.ca/keepcool இற்குச் செல்லுங்கள்

حرارت سے اپنی صحت کی حفاظت کریں مزید معلومات کے لیے toronto.ca/keepcool ملاحظہ کریں

از سلامت خود در برابر گرما محافظت کنید برای کسب اطلاعات بیشتر از 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

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