# TIPS TO BEAT!

**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 illness 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 or visit 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 at toronto.ca/KeepCool
Go to an air-conditioned place like a library or community centre.





#### **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 activities during the cooler parts of the day.

#### **LOWER YOUR RISK**

Ask your doctor or pharmacist if the medications you take increase your heat risk.



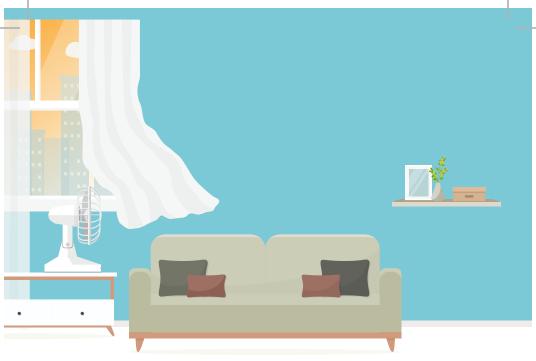


#### **WATCH OUT**

Call 911 if you or someone you are with is confused, is unconscious or has fainted.

call 311 toronto.ca/KeepCool





## **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 for more 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

احمى صحتك من الحرارة، يمكنك زيارة toronto.ca/KeepCool لمزيد من المعلومات

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

ગરમીથી આપના સ્વાસ્થ્યનું રક્ષણ કરો, વધુ માહિતી માટે toronto.ca/KeepCool પર જાઓ

ਗਰਮੀ ਤੋਂ ਆਪਣੀ ਸਹਿਤ ਦੀ ਰੱਖਿਆ ਕਰੋ, ਜਾਣਕਾਰੀ ਲਈ toronto.ca/KeepCool 'ਤੇ ਜਾਓ

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

call 3 1 1 toronto.ca/KeepCool

