

TIPS TO BEAT THE HEAT!

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.

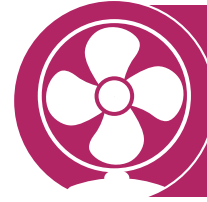


CHECK ON OTHERS

Call 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.

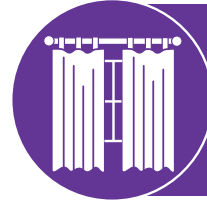


USE A FAN

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.

WATCH OUT

Call 911 if you 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

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 रक्षयु करो, वधु माडति माटे toronto.ca/KeepCool पर जाओ

गरमी ते आपही सविड ची रंधिआ वरे, नाहवारी लघी toronto.ca/KeepCool 'ते 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

