



# BEAT THE HEAT

## KEEP COOL AND STAY SAFE

### KEEP COOL



#### Stay Hydrated

Drink water regularly, even before you feel thirsty. Use ice to help cool your body.



#### Dress for Hot Weather

Wear loose, light-coloured, breathable clothing and a wide-brimmed hat. Protect yourself from the sun.



#### Limit Activity During Peak Heat

Plan outdoor activities early in the morning or evening. Stay in the shade when possible.



#### Cool Down with Water

Take a cool shower, wear a wet shirt or use damp cloths on your body.



#### Block the Sun

Close blinds or drapes during the hottest part of the day.



#### Bring In Cooler Air

Open windows at night. Use fans in front of open windows to cool key rooms. Seal gaps to keep cooler air inside.



#### Avoid Adding Heat

Limit use of the oven, dryer and dishwasher. Choose light or 'no cook' meals. Turn off unnecessary lights and electronics where possible.



#### Find a Cool Space

Take a break for 2 to 3 hours in a shaded or air-conditioned place before you feel unwell. Find nearby locations at [toronto.ca/CoolSpaces](https://toronto.ca/CoolSpaces).

### STAY SAFE



#### Monitor Indoor Temperature

Use a digital room thermometer. Sustained indoor temperatures above 26°C can affect health, especially for people vulnerable to heat. Seek cooler spaces for at least 3 hours a day if indoor temperatures reach 31°C or higher.



#### Schedule Visits

Ask family, friends and neighbours to check on you at home during very hot days in case you need help, especially if you live alone and have a health condition or you're an older adult living alone.



#### Never Leave People or Pets in a Parked Vehicle

Temperatures inside vehicles can heat up quickly, even with windows open.



#### Plan Ahead and Stay Informed

Download the WeatherCAN app to check the forecast and receive alerts that help you take extra care.



#### Know the Signs of Heat Illness

Watch for dizziness, headache, nausea, muscle cramps, extreme thirst and weakness.



#### Call 911

If someone is confused, unconscious, vomiting or getting worse.

### Find cool spaces and heat safety tips:



尋找涼爽場所與防暑安全須知

குளிர்ச்சியான இடங்களையும் வட்ப்பப் பாதுகாப்பு உதவிக் குறிப்புகளையும் பாருங்கள்

Trouver des espaces frais et des conseils pour se protéger de la chaleur

Encuentre lugares fríos y consejos de seguridad para el calor

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Consigli per trovare luoghi freschi e per proteggersi dal caldo

Descubra locais frescos e sugestões de segurança térmica

Maghanap ng malamig na lugar at mga tip para manatiling ligtas sa init

寻找纳凉场所和防暑安全诀窍