

BEAT THE HEAT

RUNNYMEDE
HEALTHCARE CENTRE

These days when we think about safety, COVID-19 usually comes to mind first. Now that summer is here it's important to also consider the risks of heat and high humidity - too much exposure can lead to serious health problems.

Follow these safety tips in hot and humid weather:



Stay hydrated

Drink water before you start to feel thirsty



Keep cool

Stay in an air-conditioned or well-shaded area; keep curtains closed during the day to keep your home cooler



Check on others

Older adults living alone are especially vulnerable; reach out by phone or video chat to make sure they're keeping cool



Car safety

Never leave a person or a pet inside a parked car on a hot day

If you or someone you are with has a high body temperature, is confused, is unconscious or has fainted due to high temperatures, be sure to call 9-1-1 for help.

For more information about how to protect yourself and others from the heat, including locations for cooling stations near you, visit www.toronto.ca/keepcool.