TIPS FOR BEATING THE HEAT

- Drink plenty of water.
- Go to an air conditioned place (cool place). Visit a mall, public library, public community centre, etc.
- Wear a hat and lightweight, loose-fitting clothing.
- Take a cool bath or shower.
- Close your blinds or curtains.
- Open windows to let air circulate when using a fan.
- Limit physical activities during the day.
- Check on your neighbours and family.
- Never leave children or pets alone in closed vehicles.
- Seek medical attention for any of these warning signs: heavy sweating, paleness, muscle cramps, weakness, tiredness, dizziness, headache, fainting, nausea and/or vomiting.

保持凉爽和安全的建议:

- 多喝水。
- 到有空调的地方(凉爽的地方)，比如到商场,公立图书馆等。
- 戴帽子，穿轻便、宽松的衣服。
- 冲洗凉浴。
- 当使用风扇时，关闭百叶窗或窗帘并打开窗户让空气流通。
- 白天只做适度运动。
- 察看你邻的邻居和家人。
- 不要将孩子或宠物单独留在关闭的车里。
- 如有任何这些警告症状出现请寻求医疗关注：多汗、脸色苍白、肌肉痉挛、虚弱、疲劳、头晕、头疼、无力、恶心和/或呕吐。

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火警/警察/急救：911

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