

TIPS FOR BEATING THE HEAT

保持凉爽和安全的建议:



- ☞ 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.

- ☞ 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。

汉密尔顿市市政: 905- 546-CITY (2489)

安大略省健康电话: 1-866-797-0000

火警/警察/急救: 911

Chinese Simplified