

# TIPS FOR BEATING THE HEAT

## 保持涼爽和安全的建議：

- ☞ 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。
- ☞ 到有空氣調節的地方（涼爽的地方）。在購物中心、公立圖書館等地停留。
- ☞ 戴帽子，穿著輕便的寬鬆衣服。
- ☞ 洗冷水澡或是淋浴。
- ☞ 關上百葉窗或是拉上窗簾，並且在使用風扇時，把窗戶打開讓空氣流通。
- ☞ 盡量避免在白天進行體能活動。
- ☞ 留意您的鄰居和家人。
- ☞ 絕對不要把小孩或是寵物單獨留在密閉的車內。
- ☞ 如果出現下列任何症狀，請尋求醫療協助：大量出汗、蒼白、肌肉痙攣、虛弱無力、疲累、頭暈、頭痛、昏暈、噁心，和/或是嘔吐。

漢米爾頓市：905- 546-CITY (2489)  
安大略省遠距醫療：1-866-797-0000  
消防/警察/救護車：911

Chinese Traditional