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.

Cab biyo badan

Aad meelaha mukeef leh (meel qabow). Boogo maktabadda dadweynaha iyo meelaha la mid ah

Xiro Kofiyad iyo dhar fudud oo qafiif ah

Isku shub biyo qabow ama qabayso

Xir daaha furna daaqada si eey hawada uwareegato markaad marawaxadda isticmaaleysa.

Yaree dhaqdhagaaga jirka markey tahay maalintii

Kawarqab qoyskaada iyo dariskaaga

Weligaa ha uga tegin caruur ama xawayaan gaari xiran dhuxdiisaa

Doono egitaan cafimaadeed hadii aad aragto calamdahaan: dhidid badan, jir cadaan, muruq xanuun, dacii nimo, daal, wareer, madax xanuun, suuxdin, labolabo iyo/ama mantag.

City of Hamilton: 905-546-CITY (2489).
Telehealth Ontario: 1-866-797-0000
Fire/Police/Ambulance: 911

Somali