

# TIPS FOR BEATING THE HEAT

# Siyaabo lagujoogo qabow iyo nabad



- ☞ 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)..Booqo maktabadda dadweynaha iyo meelaha lamid 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 isticmaaleyso.
- ☞ Yaree dhaqdhaqaaqa jirka markey tahay maalintii
- ☞ Kawarqab qoyskaada iyo dariskaaga
- ☞ Weligaa ha uga tegin caruur ama xawayaan gaari xiran dhexdiisa
- ☞ Doono egitaan cafimaadeed hadii aad aragto calamdahaan: dhidid badan, jir cadaan, muruq xanuun, daciif 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