

## Community Resources in Response to COVID-19

*Provided for information only, without recommendation.*

Updated June 27, 2020

<b>COVID-19 Information</b>	Government of Canada	<a href="#">Link</a>
	Public Health Ontario	<a href="#">Link</a>
	Toronto Public Health	<a href="#">Link</a>
	World Health Organization	<a href="#">Link</a>
Health & Safety	Tips for wearing your mask (Public Health Ontario)	<a href="#">Link</a>
Health & Safety	Suggested Health & Safety Guidelines for Volunteers Supporting High-Risk Community Members During COVID-19 (open source)	<a href="#">Link</a>
Health & Safety	Keeping Your Distance to Stay Safe	<a href="#">Link</a>
Health & Safety	Coronavirus and your wellbeing	<a href="#">Link</a>
Health & Safety	Coronavirus: How to protect your mental health	<a href="#">Link</a>
Health & Safety	Coronavirus (COVID-19) Guide for Trans people (National Center for Transgender Equality, USA)	<a href="#">Link</a>
Health & Safety	How to Stay Emotionally Healthy During the Coronavirus Outbreak	<a href="#">Link</a>
Health & Safety	Information for those with postponed surgeries due to COVID-19 (National Center for Transgender Equality, USA)	<a href="#">Link</a>
Health & Safety	Take a Deep Breath	<a href="#">Link</a>
Health & Safety	Be There - Mental Health Support - How to support those around you	<a href="#">Link</a>
Health & Safety	Rainbow Health Ontario	<a href="#">Link</a>
Health & Safety	Toronto HIV/AIDS Network: Special COVID-19 Updates	<a href="#">Link</a>
Health & Safety	HIV & COVID-19: an FAQ (Toronto People With AIDS Foundation)	<a href="#">Link</a>
Health & Safety	COVID-19: Reduce Virus Spread	<a href="#">Link</a>

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## Emergency Cooling Centres

Many facilities that were part of the City's 2019 emergency cooling centres are closed due to COVID-19.

For an interactive map of Emergency Cooling Centres that will open across Toronto during heat warnings, follow the link

Actions you can take to beat the heat & stay safe:

- Stay hydrated. Drink a lot of water even before you feel thirsty.
- Check on others. Call, text or video chat with family, friends and neighbours (especially older adults living alone) to make sure they're staying hydrated and keeping cool.
- Take cool showers or baths or use cool, wet towels to cool down.
- Use a fan near an open window to bring in cooler air from outside.
- Avoid the sun. Stay in the shade or use an umbrella.
- Dress for the weather. Wear loose, light-coloured, breathable clothing and, if outdoors, wear a wide-brimmed hat.
- Block the sun. Keep blinds or curtains closed during the day.
- Protect people and pets. Never leave a person or pet inside a parked car.
- Avoid using the oven or stove; they make your space hotter.
- Consult with your doctor or pharmacist on medications that increase your risk to heat.
- Do not leave hand sanitizer in cars; hand sanitizer poses a fire risk and can ignite due to its high alcohol content.
- In an emergency, always call 911. Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.

Health & Safety

[Link](#)

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*Curated with help from:*

*2 Spirits, The 519, ACT Toronto, Alliance for South Asian AIDS Prevention (ASAAP), Black CAP, Buddies in Bad Times, Canadian HIV/AIDS Legal Network, Canadian Stage, The Dignity Network, EGALE, Friends of Ruby, Glad Day, Inside Out, Metropolitan Community Church of Toronto, Ontario AIDS Network, Planned Parenthood Toronto, Rainbow Railroad, Sherbourne Health, Toronto HIV Aids Network, Toronto People with AIDS Foundation, LGBT Youthline. Special thanks to: The Margins of Eras Gallery, H.G. Watson, & Vivian Ngai COVID-19 Resource Documents*