


**A HEAT WARNING IS IN EFFECT
UNTIL FRIDAY, JULY 3, 2026**

Toronto HEAT WARNING





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FRIDAY, JULY 3, 2026.**

**Check the Environment and
Climate Change Canada website
for information on your local
forecast and weather alerts, or
download the WeatherCAN mobile
app.**

**Streets to Homes teams and Park
Ambassadors will be out
distributing water as part of
enhanced outreach efforts.**

Subscribe for E-updates for Heat Relief updates from the City of Toronto:

Subscribe to receive information on 24 Hour Cool Space(s), including when they open and close and what services are available throughout the hot weather season.

[Heat Relief – City of Toronto](https://www.toronto.ca/community-people/health-wellness-care/heat/)

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HTO To Go Trailers



MOBILE DRINKING WATER TRAILERS

- Toronto Water trailers will be available on Tuesday, June 30 at noon at:

[Nathan Phillips Square](#)

[Mel Lastman Square](#)

[East York Civic Centre](#)

[Barbara Hall Park](#)

- Additional game-day trailers will be available at [34 Hanna Avenue](#), [Fort York Boulevard & Bathurst Street](#) and [Toronto Inukshuk Park](#).

RESPITE SPACE

136 Spadina Road

(near Spadina & Dupont)

**The 24-Hour site doesn't require
a referral. SPACE IS LIMITED**

**It will only be active during heat
warnings. Access is walk in only
and offers water, light snacks,
and chairs to sit in.**

**The staff will also be organizing
some social/recreational
activities for folks who attend.**

CIVIC CENTRES

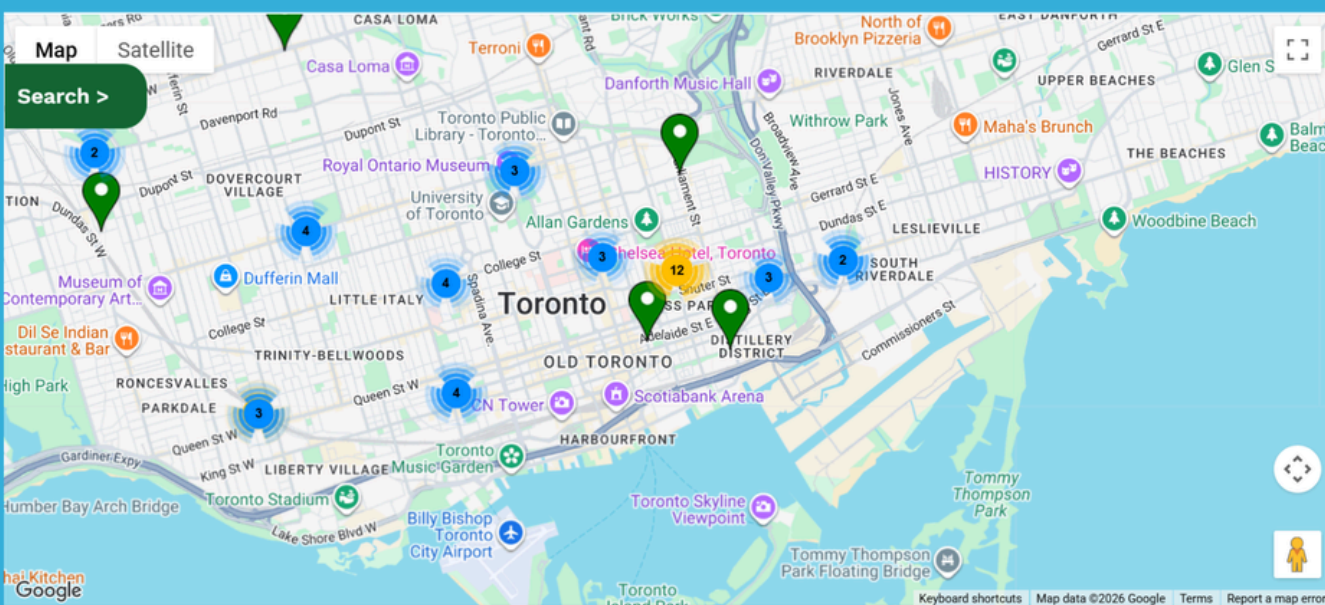
Scarborough , Etobicoke , East York , York and Metro Hall civic centres will operate on extended hours from **8 a.m. to 9:30 p.m** during the heat warning.

North York civic centre will operate on extended hours from **7:30 a.m. to 9:30 p.m** during the heat warning.

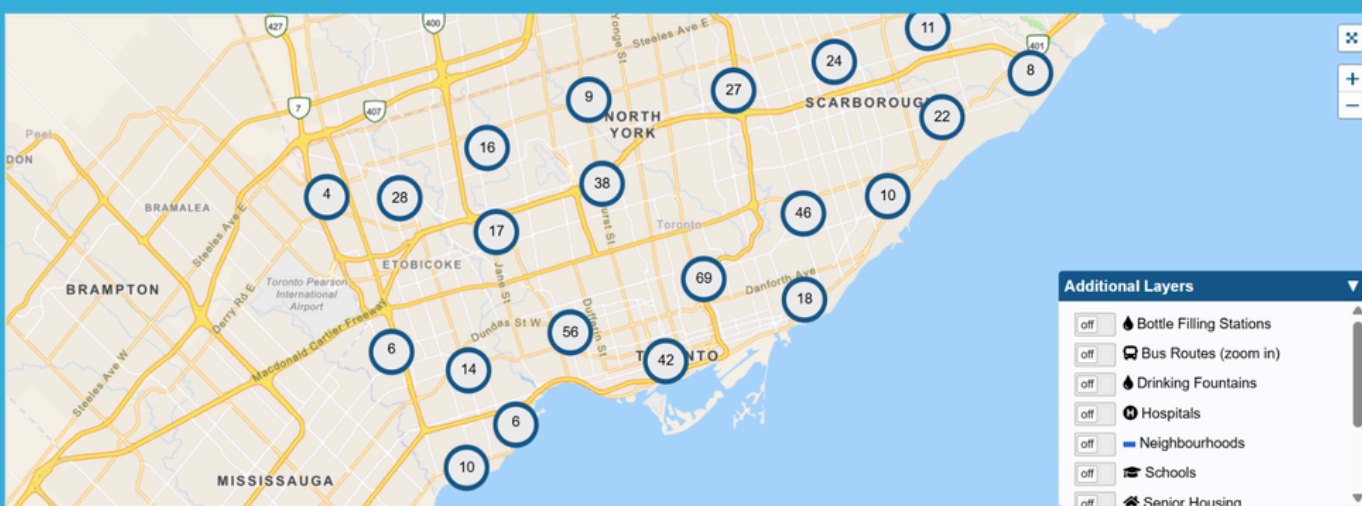
**ALL CIVIC CENTRES ARE OPEN
ON JULY 1ST CANADA DAY.**

COOL SPACES

The TDIN website has a Service Finder map to support folks in finding a drop-in program in their area. www.tdin.ca/service-finder



[Interactive Cool Spaces Map on the city website:](#)
Cool Spaces Near You



COOL SPACES

Contingency (ASP) spaces are located in shelters to provide immediate, temporary shelter during extreme heat warnings. To access these spaces, you have to connect with Central Intake.

Central Intake:

416-338-4766

1-877-338-3398

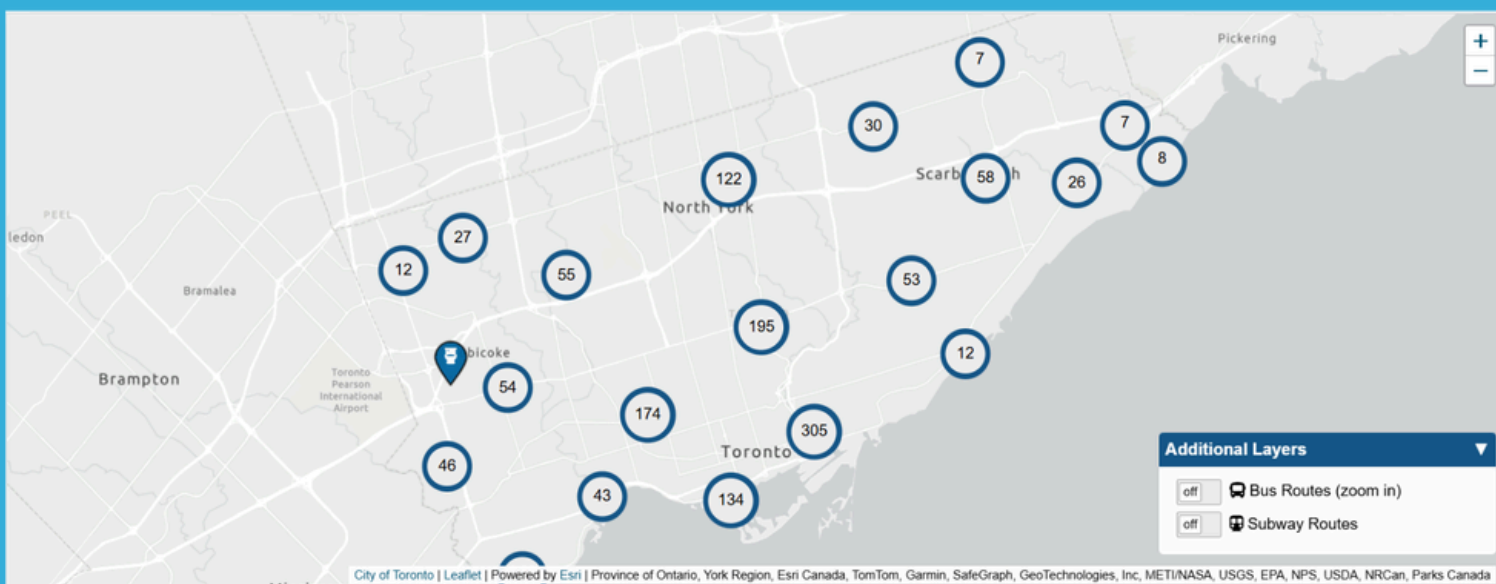
or by calling 311

Drop-ins, and individual folks, can call Central Intake or 311 to connect program participants with somewhere indoors to go overnight during a heat warning.

DRINKING WATER & WASHROOMS

The City of Toronto has an interactive Washrooms & Drinking Water Map for public washrooms, showers, water fountains, dog fountains, and bottle filling stations around the city.

[Public washrooms and showers Finder Map:](#)



HEAT SAFETY

Stay hydrated

- Drink plenty of water, even before you feel thirsty.
- Add ice to help cool your body if you are able

Dress for the heat

- Wear loose, light-coloured breathable clothing and a wide-brimmed hat.
- Protect yourself from the sun.

Limit activity during peak heat

- Limit time in the sun if you are able.
- Choose shaded or air-conditioned spaces.
- Seek shade when outdoors for extended periods and keep in mind that shaded areas move throughout the day as the sun changes position.

Never leave people or pets in a parked vehicle

- Vehicles can heat up quickly, even with windows open.

HEAT RELATED ILLNESS

Heat-related illness can range from mild to life threatening. Watch for:

- dizziness or fainting
- confusion
- headache
- nausea or vomiting
- extreme tiredness or weakness
- extreme thirst
- decreased urination with unusually dark yellow urine

If you, or someone you are with, experience any of these symptoms, immediately move to a cool place and drink liquids to stay hydrated. Water is best.

- Heat stroke is a medical emergency
- Call 911 immediately if you, or someone you are with is:
 - confused
 - unconscious
 - getting worse or has stopped sweating

While waiting for emergency help:

- move to a cool or shaded area
- remove extra clothing
- cool with water or apply cool cloths to skin or clothing
- do not give food or drinks if the person is confused, unconscious or unable to drink safely