

WHAT TO DO IN EXTREME HEAT



HOW TO PREPARE

- Ensure you have a working fan
- Install window coverings or treatment to block out sun
- Get to know your neighbours and who might be vulnerable and need support during a heat event
- During the summer, listen to local weather forecasts and stay aware of extreme weather advisories



STAY SAFE DURING THE HEAT

- Avoid direct sunlight
- Wear lightweight, light-coloured clothing
- Take cool showers or baths
- Drink lots of water
- Turn off all heat sources including thermostats
- Check on friends and neighbours
- Ensure pets are kept out of the heat and have lots of water
- Avoid high energy activities or work outdoors
- Seek out venues that are air conditioned, such as malls, libraries, community centres etc.



SEEK OUT COOLING VENUES

During extreme heat events, the City will open cooling venues in the community. Cooling venue locations and hours of operation will be posted on the City of New Westminster website at www.newwestcity.ca and on the City's social media channels during extreme heat events.