

STAY COOL AT HOME IN EXTREME HEAT



Summer temperatures are increasing and extreme heat events are becoming more common as the climate changes. Here are some tips to keep your house cool during the day and at night.



WINDOWS & DOORS

Install high-performance windows and seal windows and doors with weatherstripping.



REDUCE SUNLIGHT

Keep windows and blinds closed all day during an extreme heat event. Consider installing blackout curtains or outdoor shades.



USE APPLIANCES LESS

Reduce indoor heat generation. Cook outdoors or eat cold meals and avoid doing laundry on the hottest days.



INSULATION AND VENTILATION

Upgrade insulation and ventilation to help keep your home cooler.



AIR FLOW *

Install a ceiling fan and set it to rotate counter-clockwise. Place a floor fan near a window at night.



COOLING

Install a heat pump for energy-efficient heating and cooling. Rebates are available!

Questions?

Contact Sustainability

Phone: 250-475-5471

Email: sustainability@saanich.ca



TREES

Plant deciduous trees near windows exposed to direct sunlight to increase shade in the summer.



LIGHTING

Switch to energy-efficient light bulbs and turn off the lights when they're not in use.

*If indoor temperatures reach dangerously hot levels, fans alone cannot reduce core body temperatures, especially in older adults. Best practice is to relocate to a cooler environment.

saanich.ca/homecooling



BE PREPARED AND ADAPT IN EXTREME HEAT



1

INFORM



Check the weather: weather.gc.ca/warnings



Heat safety information:
islandhealth.ca/learn-about-health/environment/heat-safety



Share this brochure with family, friends and neighbours, and follow [@SaanichEP](https://twitter.com/SaanichEP) on Twitter.

2

PLAN



Be prepared: saanich.ca/prepare and saanich.ca/homecooling.



Have a plan to check in on family, friends and vulnerable neighbours.



Have a plan for someone to check on you, especially if you are a senior or have a pre-existing medical condition.

3

ADAPT



Spend time in an air-conditioned space.



Reduce high energy activities, especially outdoors.



Drink lots of water.



Stay in the coldest room in your home.



Wear loose clothing and have a misting bottle.



Walk pets in the shade and off hot pavement.

Energy-efficient home upgrade rebates and programs:

saanich.ca/heatpumpfinancing

saanich.ca/rebates

betterhomesbc.ca

bringithome4climate.ca (free virtual home energy check up)

nrcan.gc.ca/home (Canada Greener Homes Grant)

