

# 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!



## 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.

# BE PREPARED AND ADAPT IN EXTREME HEAT



1

INFORM



Check the weather: [weather.gc.ca/warnings](https://weather.gc.ca/warnings)



Heat safety information:  
[islandhealth.ca/learn-about-health/environment/heat-safety](https://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](https://saanich.ca/prepare) and [saanich.ca/homecooling](https://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](https://saanich.ca/heatpumpfinancing)

[saanich.ca/rebates](https://saanich.ca/rebates)

[betterhomesbc.ca](https://betterhomesbc.ca)

[bringithome4climate.ca](https://bringithome4climate.ca) (free virtual home energy check up)

[nrcan.gc.ca/home](https://nrcan.gc.ca/home) (Canada Greener Homes Grant)

