# 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 energyefficient heating and cooling. Rebates are available!



Contact Sustainability Phone: 250-475-5471

Email: sustainability@saanich.ca



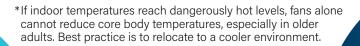
#### **TREES**

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.





### BE PREPARED AND ADAPT IN EX







Check the weather:

https://www.weather.gc.ca/city/pages/bc-85\_metric\_e.html



Heat safety information:

islandhealth.ca/learn-about-health/environment/heat-safety



Share this brochure with family, friends and neighbours, and follow @SaanichEP on Twitter.





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.



Spend time in an air-conditioned space.



Reduce high energy activities, especially outdoors.

3 **ADAPT** 



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/rebates

betterhomesbc.ca (incentives for home upgrades)

homeenergynav.ca (free expert advice on incentives and home energy retrofits) nrcan.gc.ca/home (Canada Greener Homes Grant)

