

STAY SAFE IN EXTREME HEAT



PREPARE

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






KEEP COOL

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



FIND A COOLING VENUE

During extreme heat events, the City will open cooling venues in the community. Look for locations and hours of operation at newwestcity.ca and on social media:

-  facebook.com/newwestminster
-  twitter.com/new_westminster
-  instagram.com/new_westminster

Stay Connected. Stay Safe.

Neighbours can be your first responders during an emergency.

Building relationships with your neighbours can help you manage during an emergency. Strong and connected neighbourhoods and communities are more resilient and recover quicker following emergencies. Here are some things you can do to connect as neighbours and become more prepared.

Social Connection and Neighbourliness

Social connection and neighbourliness can play an important role in preparing for all types of emergencies. Here are some things you can do to help:

- Create a neighbourhood map identifying an evacuation route
- Identify neighbours with pets, skills, and resources and note who may require extra assistance
- Create a shared emergency supply kit
- Connect with neighbours to see if they need help with things like errands, shopping, and their emergency preparedness

Gather and Learn Together

Gathering and learning together builds deeper social connections with many benefits. Some things you can do to learn together include:

- Organize a first aid or emergency preparedness course for interested neighbours
- Have tea or coffee and engage your neighbours in emergency preparedness conversations
- Plan a “party with a purpose” - for example, have a social gathering and build an email and phone list of neighbours’ contacts, skills they have to offer, or learn about neighbours who may request assistance an emergency

Start today to be better prepared for tomorrow!

