



Emergency Management
New Westminster

How to Keep Cool



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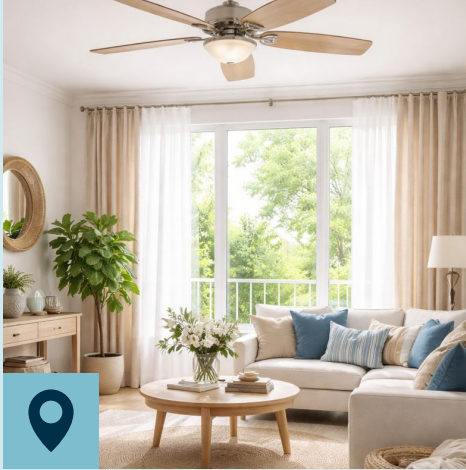


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Start Today, to be
Better Prepared for
Tomorrow

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Your Home

KEEPING YOUR HOME COOL

Make sure windows are covered to protect from direct sunlight like blinds, curtains, or external shutters. If you don't have anything, hanging a bed sheet or towel should have a similar effect.

Shut windows during the hottest parts of the day, to keep the warmer air out.

Open windows when the air feels cooler outside than inside, for example at night.

Check your central heating is off, as well as lights and electrical equipment that aren't in use.

Create a breeze in your home by opening different windows.

Set your ceiling fans to rotate counterclockwise and/or place a bowl/tray of ice in front of a fan.

Your Sleep

HOW TO SLEEP IN THE HEAT

- ✓ Sleep in the lowest level of your home – heat rises. If you are on one level, move to the coolest area.
- ✓ Make sure all electrical items are turned off and not in standby mode, as this still creates heat.
- ✓ Have a lukewarm or cool shower before bed to bring your body temperature down slowly. This will also help to cool down hot feet at night.
- ✓ Avoid caffeine, and spicy foods in the evening, they increase your body temperature.
- ✓ Drink a glass of cold water before bed and keep one close during the night.
- ✓ Sleep with a thin sheet rather than no cover at all to help regulate your body temperature.
- ✓ Choose loose-fitting clothing – tight clothes or pajamas will trap warm air next to your body.

You & Your Family

HOW TO REDUCE YOUR BODY HEAT

Drink Cool Liquids: Drinking cool liquids like water can help reduce body temperature internally.

Go Somewhere with Cooler Air: People can reduce their body temperature by moving to an area with cooler external temperature.

Get in Cool Water: Swimming in cool water or taking a lukewarm bath can reduce body temperature.

Apply Cold to Key Points of the Body: Applying cold water or ice to strategic points on the body where the veins are close to the surface – such as wrists, neck, chest, and temples can quickly lower the temperature of the blood running through these veins, allowing the body to feel cooler.

Move Less: The body releases heat when it moves. In hot temperatures, a person is likely to feel less hot if they avoid heavy exercise and limit their movement.

Lighter, Breathable Clothing: Heat passes more easily through some fabrics than others. Natural fabrics, such as cotton and linen, allow heat to escape from the body more easily than synthetic fabrics, such as acrylic and nylon.

Your Pets

5 SIMPLE REMINDERS TO HELP PROTECT YOUR PETS FROM THE HEAT

- 1 Never leave your pet in a parked car, not even for a minute** – on a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. Overheating can cause irreversible organ damage or death.
- 2 Watch the humidity** – dogs pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves.
- 3 Limit exercise on a hot day** – keep exercise to early morning or evening hours. Dogs more susceptible to heat include short-nosed breeds, long-haired breeds, very young pets and very old pets.
- 4 Keep pets paws away from hot pavement** – follow the 10 second rule: if the pavement is too hot for the back of your hand, it's too hot for your pet's paws. Pavement can cause second-degree burns in less than 30 seconds.
- 5 Watch for signs of heatstroke** – this could include; heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination and more. If these signs and symptoms appear take them to the veterinarian right away.