

Stay Safe in Extreme Heat



HOW TO PREPARE

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



STAY SAFE DURING THE HEAT

- Avoid direct sunlight
- Wear lightweight, light-coloured clothing
- Take cool showers or baths
- Drink lots 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 work outdoors
- Seek out venues that are air conditioned, such as malls, libraries, community centres etc.



SEEK OUT COOLING VENUES

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
- 📷 instagram.com/new_westminster
- ☎ Call the Extreme Weather & Emergency Response Line 604-239-4936 for the latest recording

Stay Informed. Stay Safe.

Extreme Weather & Emergency Response Line 604-239-4936

If there is an extreme weather event or an emergency within the city, call the Extreme Weather & Emergency Response Recorded Line for the most recent updates.

Be Prepared and Resilient

Emergencies can occur at anytime – in the event you need to leave, make sure your grab-and-go bag is ready.

- 1 Gather basic supplies shown in the example image.
- 2 Include items specific to individual needs, such as medication.
- 3 Store your grab-and-go bag in a secure, dry location.

