

Be prepared: Extreme Heat



Climate change is expected to increase the frequency, intensity, and duration of heat waves.

Safety tips:

Extreme heat can make you sick with heat rash, heat cramps, heat exhaustion & heat stroke.

Stay hydrated:

- Drink water every 15 to 20 minutes even if you aren't thirsty. Drinks containing alcohol and caffeine may cause dehydration and are not recommended.
- Check in with others (including pets/animals) to make sure they are also drinking plenty of cool liquids.

Stay cool:

- Stay indoors to limit sun exposure. Spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station).
- Dress in light-coloured, loose-fitting clothing.
- Take frequent cool showers or baths. If you cannot shower/bath frequently, sponge often with cool wet towels.
- Stay on lower floors if there's no air conditioning and use fans when possible.

If you are outdoors:

- Reschedule or plan outdoor activities during cooler parts of the day.
- never leave a person or animal in a parked car or in direct sunlight.
- Wear a hat to protect your face, UV-protective eyewear for your eyes, and apply sunscreen (SPF 30 or greater) to prevent skin cancer.

How to prepare:

Heat-proof your home



Cover windows that receive morning or afternoon sun with drapes, shades or awnings. If possible, open windows at night and create a cross-breeze.

Stay informed



Check weather reports prior to going outdoors on hot days for the temperature, humidex, UV index, and air quality.

Prep your emergency kit



Include extra water and seasonal items like sunscreen and sunglasses (with full UVA and UVB protection), or spray bottle misters in your emergency preparedness kit.

Check on vulnerable people



Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

Find cooling centres



Some municipalities provide cooling stations during extreme heat. Know when to go - especially if you do not have access to air conditioning, be ready to relocate if necessary.

If you feel dizzy, weak, or overheated:

- move to a cool place
- rest by sitting or lying down
- drink water

If you don't feel better soon, seek help immediately.

Be prepared: Extreme Heat



Outdoor safety:

- Dress in light-coloured, loose-fitted clothing. Wear sunscreen, sunglasses, and a hat that protects your face.
- Drink water frequently (every 15-20 minutes). Avoid alcohol/caffeine.
- Never leave a person or animal in a parked car or in direct sunlight.

Indoor safety:

- Take frequent cool showers or baths, run wrists under cold water.
- Have multiple ways of cooling down in the event of a power outage.
- Stay on lower floors, use air conditioning if possible.
- use fans and ice packs to help you sleep comfortably.

Stay cool:

- Check local weather and forecasts online.
- Spend the hottest part of the day in air-conditioned public buildings (e.g. mall, library, cooling station).
- Know the signs of heat-related illness. If you feel dizzy, weak, or overheated: sit/lie down in a cool place, drink water, wash your face with cool water. Seek help if you don't feel better soon.

Be prepared: Winter Storms

Winter storms cause more fatalities in Canada than tornadoes, thunderstorms, lightning, floods and hurricanes combined.

Heavy snowfall and ice can make roads treacherous and interrupt power supplies.



Safety tips:

- Avoid unnecessary travel.
- Wear layers of lightweight clothing, mittens & a hat. Wear waterproof, insulated boots to keep your feet warm and dry and to keep from slipping on ice and snow.
- Regularly check for frostbite — numbness or white areas on your face and body (ears, nose, cheeks, hands and feet in particular).
- Avoid overexertion when shoveling snow by taking frequent breaks. Use rock salt and sand to melt ice and improve traction on sidewalks and driveways.
- Bring pets inside and move livestock to sheltered areas with non-frozen drinking water.
- In rural areas: string a lifeline between your house & any outbuildings you may have to visit during a storm. Install snow fences to reduce drifting snow on roads and paths.

How to prepare:

Winterize your home



Insulate walls and attics; caulk or weather-strip doors and windows; install storm windows or cover windows with plastic. Get heating equipment and chimneys cleaned and inspected once a year.

Make your kit seasonal



Add extra blankets and warm clothes to your emergency preparedness kits (home kit, car kit). Have multiple ways of staying warm in case of power outage.

Check on vulnerable people

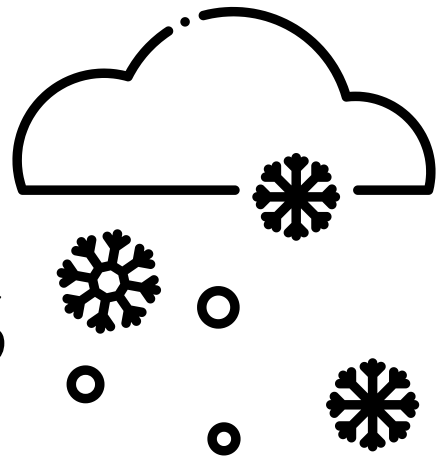


Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

Stay informed:

- Check local weather and forecasts online.
- Check Ontario511 for road conditions and driving information.
- Check with your local school board for information on cancelled classes & buses.
- Check with your municipality for information on snow removal services & special rules in place during a snow emergency.

Be prepared: Winter Storms



Outdoor safety:

- wear weather-appropriate clothes (layers, hats, gloves, boots)
- take breaks inside to warm up
- regularly check for frostbite

Winterize your preparedness kit:

- add extra blankets, and warm clothes and accessories to your home and car kits.
- include multiple sources of heat in the event of a power outage.
- keep electronics fully charged
- put flashlights/batteries in all major rooms at home

Stay informed:

- check local weather and forecasts online.
- check Ontario511 for road conditions & driving information. Avoid unnecessary travel.
- check your local municipality for information on snow removal services & warming centres.