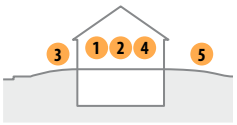
THREE STEPS TO COST-EFFECTIVE

HOME HEAT PROTECTION

Step 1: Plan ahead to keep cool

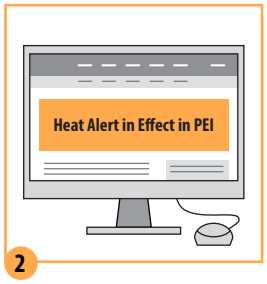


Do-it-yourself, $0



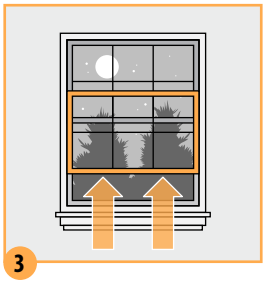
1

Stay hydrated and drink water before you feel thirsty.



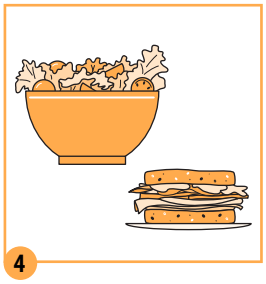
2

Sign up for heat alerts on your phone (e.g. WeatherCan), and pay attention to local media broadcasts.



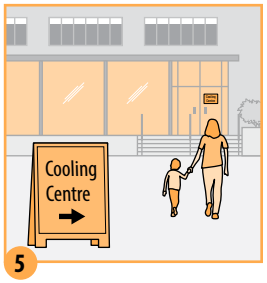
3

Check the outdoor temperature before opening windows and doors. Open them when it is cooler outside, then close them as the day warms up to keep cooler air inside.



4

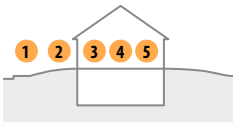
Make meals that don't need to be cooked using the oven or stove.



5

Spend time in public air conditioned spaces like the mall or public library.

Step 2: Complete simple upgrades

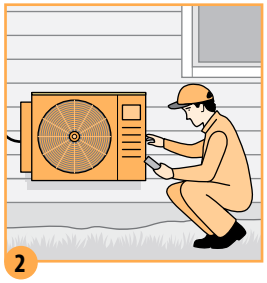


Do-it-yourself, for under $250



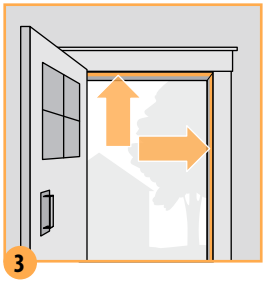
1

Plant and maintain shade trees, especially along south, east and west facing walls.*



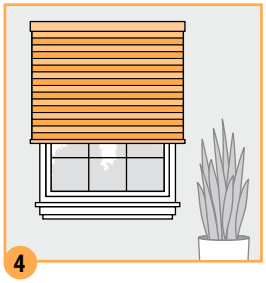
2

Have air conditioners/heat pumps serviced regularly.



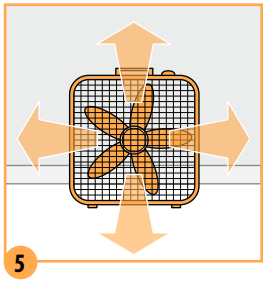
3

Improve air tightness by installing weatherstripping and air-sealing (e.g., caulking) existing windows and doors.



4

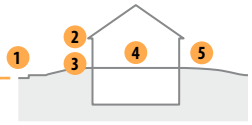
Install blinds, heat-resistant curtains, or films on windows.



5

Use portable or ceiling fans that increase air circulation.

Step 3: Complete more complex upgrades

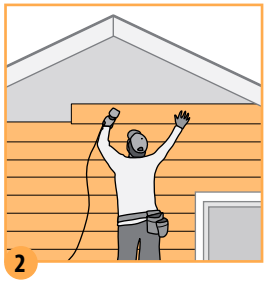


Work with a contractor, for over $250



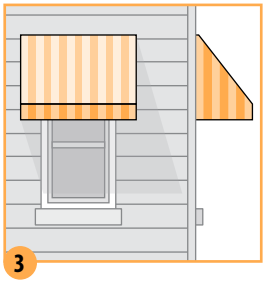
1

Convert paved areas to vegetation which absorbs less heat and more water.*



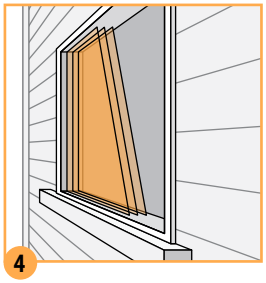
2

Upgrade insulation and siding to slow the transfer of outdoor heat into your home and help maintain a more comfortable indoor temperature.



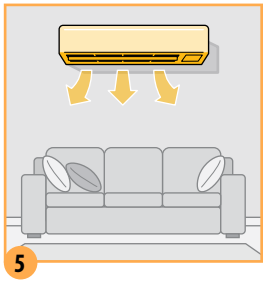
3

Shade windows with outdoor shutters and awnings.



4

Install energy efficient windows and doors that will let less heat in.



5

Install and maintain a heat pump or air conditioning unit.

* Some municipalities have residential tree planting programs and larger properties may be eligible for provincial tree planting programs. In places at risk of wildfire, the use of green infrastructure must be considered alongside FireSmart™ guidance.

UNIVERSITY OF WATERLOO

intact Centre on Climate Adaptation

During an emergency, a reception centre may open. Click here or scan to find a reception centre near you.