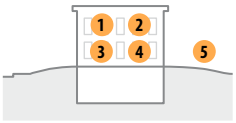
THREE STEPS TO COST-EFFECTIVE APARTMENT AND CONDO HEAT PROTECTION

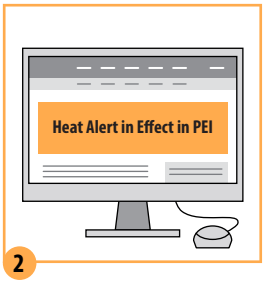
Step 1: Plan ahead to keep cool



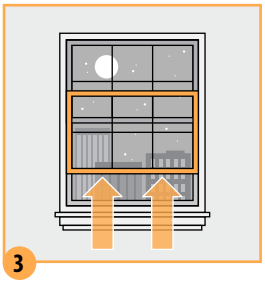
Do-it-yourself, $0



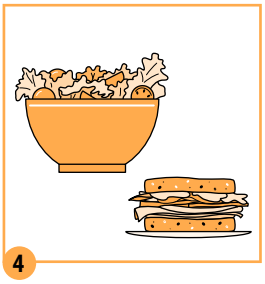
1 Stay hydrated and drink water before you feel thirsty.



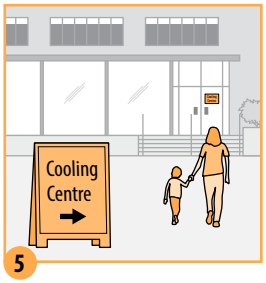
2 Sign up for heat alerts on your phone (e.g. WeatherCan), and pay attention to local media broadcasts.



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.

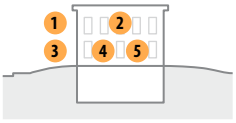


4 Make meals that don't need to be cooked using the oven or stove.

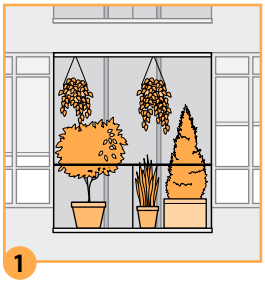


5 Spend time in air-conditioned public spaces like the mall or public library, or visit a reception centre.

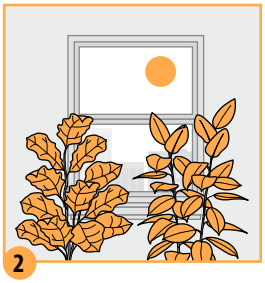
Step 2: Complete simple upgrades



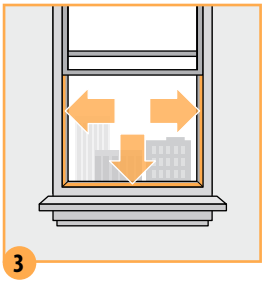
Do-it-yourself, for under $250



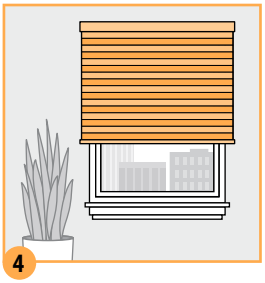
1 Green your balcony or deck with potted, hanging and climbing plants.*



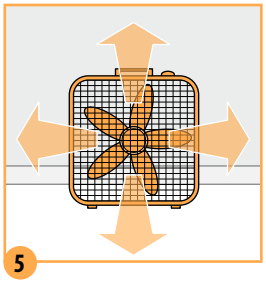
2 Use tall, leafy houseplants inside your unit to shade windows that receive direct sunlight.



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

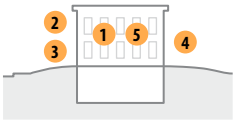


4 Install blinds, heat-resistant curtains, or films on windows.

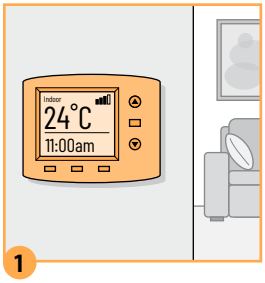


5 Use portable or ceiling fans that increase air circulation.

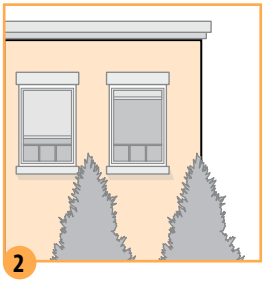
Step 3: Complete more complex upgrades



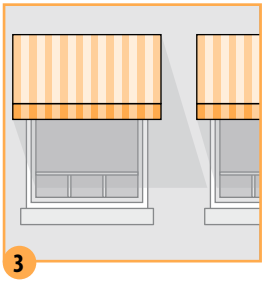
With building managers, for over $250



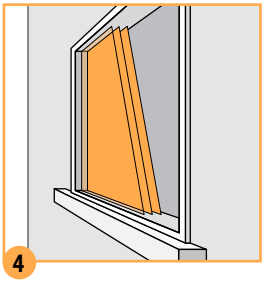
1 Install temperature and humidity monitors or controls.



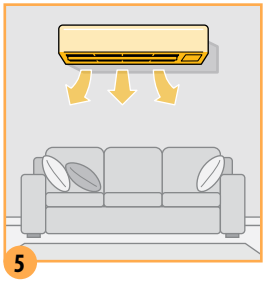
2 Use white or light paint and light-coloured exterior siding, to reflect more sunlight and help keep indoor spaces cooler.



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.

* 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.