



Attn: Property Management and or Property Owners

Summer is coming and with that brings increased temperatures. The City of New Westminster Emergency Management Office is reminding residents of the impacts of climate change and extreme heat with tips and tricks to stay cool.

Attached is our Heat Preparedness poster that we would greatly appreciate your assistance posting in all your common areas, including elevators, garbage and recycling locations, laundry rooms, washrooms, and all other regularly visited spaces. With simple and frequent reminders and support, we hope to continue to educate members of our community about staying safe during increasingly persistent climate change events, including extreme heat.

We would like to encourage everyone to create a social communication network. This ensures that during an emergency there are friends, family and / or neighbours available to provide support in the event of a heat related event. With the last few summers, especially the heat dome of 2021, we all need to have a personal plan in place. We need to continue to work together to adapt and build resiliency.

New Westminster Fire & Rescue Services and the City's Emergency Management Office appreciates your support.



Erin Williams  
Fire Chief

# PROTECT 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.



# HOW TO KEEP COOL

**START TODAY, TO BE BETTER PREPARED FOR TOMORROW!**

## MORE INFORMATION

**New Westminster Emergency Management Office**

604.519.3794

[nwemo@newwestcity.ca](mailto:nwemo@newwestcity.ca)

**Extreme Weather & Emergency Response Information Line**

604.239.4936



# Living Space

## 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.

## 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.

# Protecting Yourself



## 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.

# STAY SAFE IN EXTREME HEAT



## PREPARE

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






## KEEP COOL

- Avoid direct sunlight
- Wear lightweight, light-coloured clothing
- Take cool showers or baths
- Drink a lot 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 outdoor work
- Seek air-conditioned venues, such as malls, libraries, community centres etc.



## FIND A COOLING VENUE

During extreme heat events, the City will open cooling venues in the community. Look for locations and hours of operation at [newwestcity.ca](https://newwestcity.ca) and on social media:

-  [facebook.com/newwestminster](https://facebook.com/newwestminster)
-  [twitter.com/new\\_westminster](https://twitter.com/new_westminster)
-  [instagram.com/new\\_westminster](https://instagram.com/new_westminster)



# Stay Connected. Stay Safe.

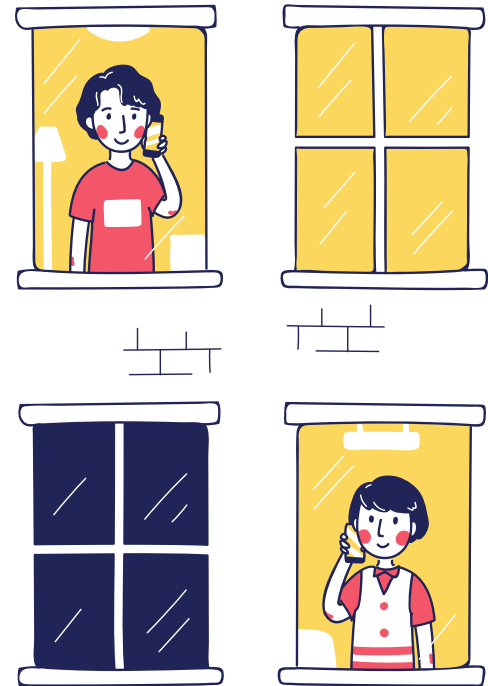
## Neighbours can be your first responders during an emergency.

Building relationships with your neighbours can help you manage during an emergency. Strong and connected neighbourhoods and communities are more resilient and recover quicker following emergencies. Here are some things you can do to connect as neighbours and become more prepared.

### Social Connection and Neighbourliness

Social connection and neighbourliness can play an important role in preparing for all types of emergencies. Here are some things you can do to help:

- Create a neighbourhood map identifying an evacuation route
- Identify neighbours with pets, skills, and resources and note who may require extra assistance
- Create a shared emergency supply kit
- Connect with neighbours to see if they need help with things like errands, shopping, and their emergency preparedness



### Gather and Learn Together

Gathering and learning together builds deeper social connections with many benefits. Some things you can do to learn together include:

- Organize a first aid or emergency preparedness course for interested neighbours
- Have tea or coffee and engage your neighbours in emergency preparedness conversations
- Plan a “party with a purpose” - for example, have a social gathering and build an email and phone list of neighbours’ contacts, skills they have to offer, or learn about neighbours who may request assistance an emergency

**Start today to be better prepared for tomorrow!**

# WHAT TO KNOW ABOUT EXTREME HEAT

“Extreme heat” is said to occur when high temperatures pose serious risks to human health. Many homes and cities in BC were not designed for managing extreme heat, so in general, experts suggest to be on alert when daytime and overnight temperatures are higher than seasonal norms for your area.

Some people are at higher risks than others, and effects on human health can range from mild heat rashes and fatigue to heat stroke and even death.

One of the best ways to stay safe is to know the risks and check in on each other during hot weather.

**This is how neighbours preparing together can help save lives!**

## QUESTIONS TO CONSIDER

- What method could we use for checking on each other?
- If some neighbours need certain kinds of assistance during heat events, and other neighbours can offer such assistance, how can these people get connected?
- Is there a common space in the building that is cool?

## WHAT IS "RESILIENCY"

Resilience is about strengthening our community's ability to respond and adapt to changes and challenges. It's about all of us working together to build a stronger, more connected city.

## HEAT PREPAREDNESS

For more tips and resources for how to stay cool and prepare for heat events at: [newwestcity.ca/staycool](http://newwestcity.ca/staycool)

## MORE INFORMATION

**New Westminister Emergency Management Office**  
604-515-3794  
[nwemo@newwestcity.ca](mailto:nwemo@newwestcity.ca)

**Building Resilient Neighbourhoods**  
[resilientneighbourhoods.ca](http://resilientneighbourhoods.ca)



# Preparing Together for Extreme Heat





# WHO IS MOST AT RISK DURING HEAT EVENTS

Some individuals are at higher risks than others, and effects on human health can range from mild heat rashes and fatigue to heat stroke and even death.

Risk factors during heat events include:

- Living alone
- Living on hot upper floors
- Limited mobility
- Disability
- Lack of air conditioner or air filters
- Certain medications
- Pregnancy
- Living in south or west facing units
- Infancy or older age (65+)

## EXPLORE OPPORTUNITIES FOR ACTION

**Promote Neighbour to Neighbour Learning.** Host an educational talk, and distribute heat-awareness materials to neighbours.

**Set up a Neighbour to Neighbour Communication System.** Regular check-ins with neighbours can be life-saving during extreme heat events.

Any neighbour to neighbour communication method, such as a buddy system, email list, online group, phone tree, door-hanger messaging system, or a lobby message board can be an effective way to check in on each other.

**Find and Create Safe Zones for Cooling.** Identify safe cooling zones in the building or in the neighbourhood where people are able to go, such as shopping malls, libraries, basement spaces, or common rooms that can be cooled.

**Build Heat Preparedness Kits.** Submerging your feet in cold water, covering your skin with wet clothes, or misting yourself with a spray bottle can all help keep your body cool. Does everyone have the supplies they need to stay cool during heat events?

