

# THREE STEPS TO COST-EFFECTIVE APARTMENT AND CONDO HEAT PROTECTION

## Step 1: Plan ahead to keep cool

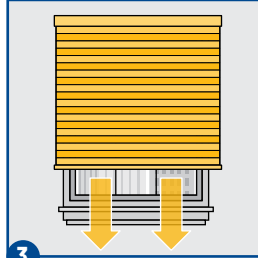
Do-it-yourself, \$0



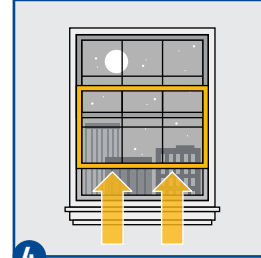
**1** Help neighbours, family, friends prepare and arrange to check on them during heat events.



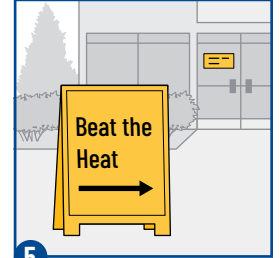
**2** Pay attention to heat alerts on the radio, or TV and download the WeatherCan app on your phone.



**3** Close blinds and curtains during the day.



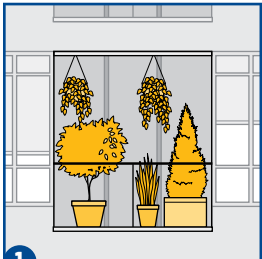
**4** Open windows at night once the outdoor air is cooler than the indoor air.



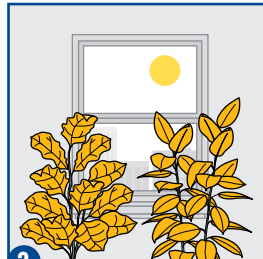
**5** Visit [OttawaPublicHealth.ca/BeatTheHeat](http://OttawaPublicHealth.ca/BeatTheHeat) to find other places to cool off.

## Step 2: Complete simple upgrades

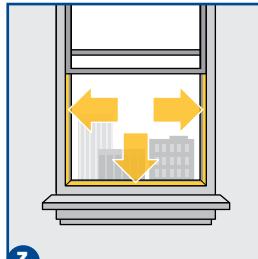
Do-it-yourself, for under \$250



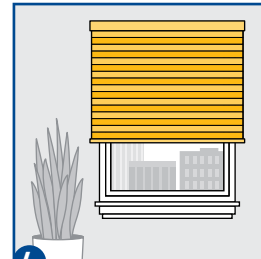
**1** Green your balcony or deck with potted or hanging plants.



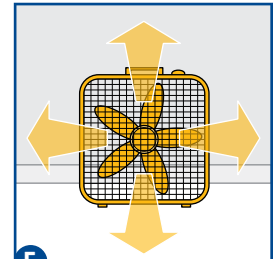
**2** Place tall plants with large leaves near light-facing windows.



**3** Weather-strip doors and windows to keep cool air inside.



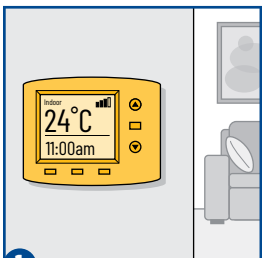
**4** Install blinds, heat-resistant curtains, or films on windows.



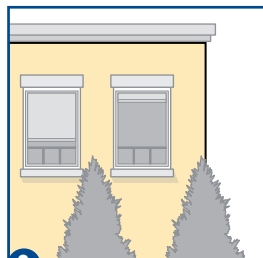
**5** Use portable or ceiling fans that increase air circulation.

## Step 3: Complete more complex upgrades

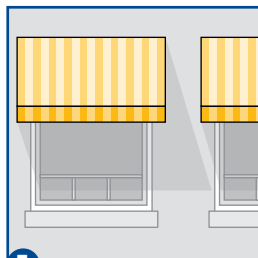
With building managers, for over \$250



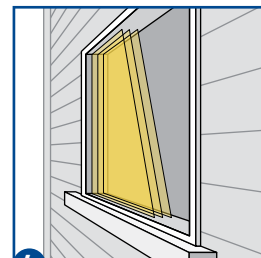
**1** Install temperature and humidity monitors or controls.



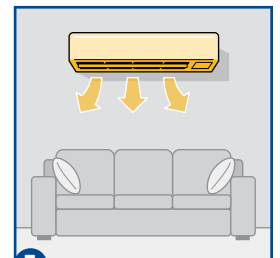
**2** Paint unit walls with white paint or light colours.



**3** Shade windows with outdoor shutters and awnings.



**4** Install windows and doors that let less heat in.



**5** Install and maintain a heat pump (which provides heating and cooling) or an air conditioning unit.