

THREE STEPS TO COST-EFFECTIVE HOME HEAT PROTECTION

Step 1: Plan ahead to keep cool

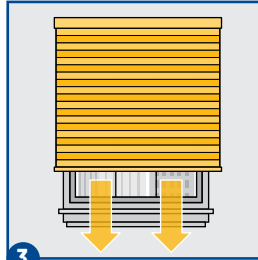
Do-it-yourself, \$0



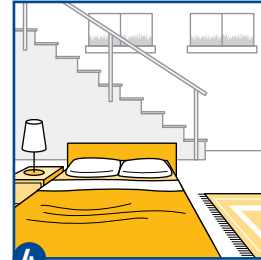
1 Help neighbours, family, friends prepare and arrange to check on them during heat events.



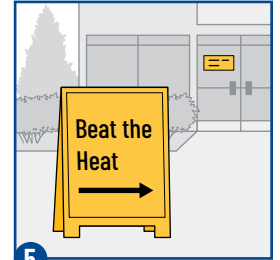
2 Pay attention to heat alerts on the radio, or TV and download the WeatherCan app on your phone.



3 Close blinds and curtains during the day. Open windows at night when its cooler.



4 Arrange to work or sleep in cooler rooms (e.g. basement).



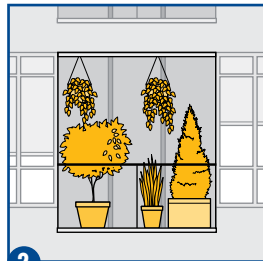
5 Visit OttawaPublicHealth.ca/BeatTheHeat to find other places to cool off.

Step 2: Complete simple upgrades

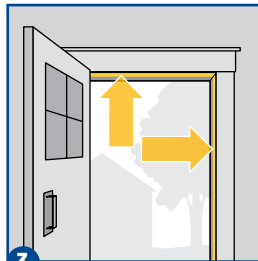
Do-it-yourself, for under \$250



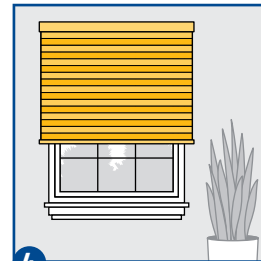
1 Plant and maintain shade trees, especially along south, east and west facing walls.



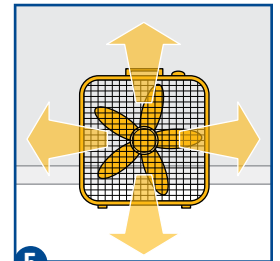
2 Green your balcony or deck with potted, or hanging plants.



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



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



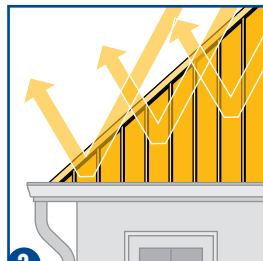
5 Use portable or ceiling fans that increase air circulation.

Step 3: Complete more complex upgrades

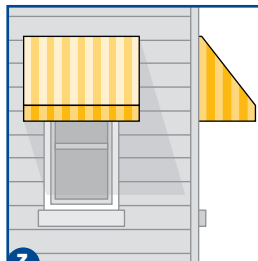
Work with a contractor, for over \$250



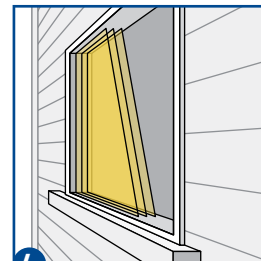
1 Convert paved areas to vegetation which absorbs less heat and more water.



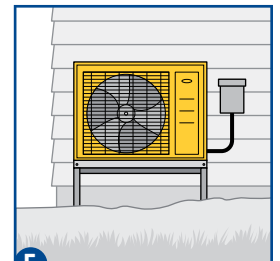
2 Install a green (vegetated) or reflective roof. Add or improve your roof/attic insulation to keep your home cool.



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.