

Climate Action Sheet



I ADAPT TO
THE CLIMATE

Taking Action Together During Extreme Heat

Protect your health, look out for one another

Heatwaves are becoming more frequent, longer and more intense. Their impacts can be serious, even life-threatening, especially for people who are more vulnerable. This is why it is essential to prepare ahead of time and to check in on one another.

Why Does It Make a Difference?

- Extreme heat puts stress on the body and increases the risk of dehydration, heatstroke and heart or respiratory problems.
- It affects older adults, young children, people living alone and those with chronic illnesses the most.
- In Beaconsfield, the proportion of residents aged 65 and over is among the highest in the West Island, and many young families also live in our community.



Did You Know?

- During a heatwave, temperatures can vary by more than 10°C between a tree-lined neighbourhood and a heavily paved street.
- A heatwave can triple emergency room visits related to respiratory issues or dehydration.
- Average summer temperatures in Beaconsfield could rise by 3.5 to 7.2°C by 2080 (source: *Ouranos*).

What You Can Do, Starting Now

Prepare Your Home

- Install a fan or an air-conditioning system, portable or wall-mounted.
- Keep curtains closed during the day and ventilate at night to retain cool air.
- Make sure your home is properly insulated to maintain a stable indoor temperature.

Protect People at Risk

- Check in regularly on older or isolated neighbours.
- Identify people around you who may need a cool place or extra support.
- Exchange contact information ahead of time: the connection should already exist before a crisis.

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Go Out, to the Right Places

- Avoid strenuous physical activity between 11 a.m. and 4 p.m.
- Spend time in air-conditioned or well-ventilated spaces, such as:
 - Beaconsfield Library • 303 Beaconsfield Blvd.
 - Recreation Centre and indoor pool • 1974 City Lane
 - Temporary cooling centres, announced during heatwaves
 - Shaded parks with large trees, such as Centennial, Beacon Hill, Heights or Windermere

Local Tips, Right Here in Beaconsfield

- Misting stations are set up during select summer events at Centennial Park.
- Follow City communications (website, newsletter, Facebook page) to stay informed about special measures during extreme heat.

To Go Further

Climate Challenges

- **For Families:** Organize a Heatwave Day at home • water games, homemade popsicles and colouring in the shade.
- **For Seniors:** Prepare a small heat kit - water bottle, portable fan and a list of emergency contacts.
- **For Neighbours:** Create a vigilance chain with neighbours - a simple knock on a door or a phone call can make a real difference.

Helpful Tools

- Sign up for [Climate Tips \(Conseils climat\)](#) alerts by telephone, text, or email.
- Assess heat-related risk levels using the [IRSST temperature risk tool](#).



In Summary

A heatwave isn't just uncomfortable, it's a real health risk.

Let's prepare now to protect the most vulnerable and face future heat events together.

A cool home + a caring neighbour = a more resilient city