



Housing Services Division
605 Rossland Road East, Whitby L1N 6A3
905-668-7711 | 1-800-372-1102 | durham.ca

Summer Heat Safety Notice

During hot weather, residents are encouraged to take steps to keep cool.

The nearest cool space is located:

Name: _____

Address: _____

There are many locations (e.g. community centres, libraries, malls, etc.) that provide cool spaces throughout the summer and during Heat Warnings.

To see local programs and places to help you stay cool, as well as resources on extreme heat, please go to durham.ca/Heat or scan the QR code at the bottom of this poster.

You can also download the WeatherCAN app for up-to-date information on Heat Warnings.

Tips to beat the heat:

- Drink lots of cool water, even before you feel thirsty.
- Keep blinds or drapes closed to block out the sun during the day.
- Use a fan next to your window, to bring cooler air in from outside.
- Never leave a person or pet inside a parked car.
- Take cool showers or baths or use cold wet towels to lower body temperature.
- Consult with your doctor or pharmacist on medications that increase your risk to heat.

Call 311 for help locating a cool space near you.
In the event of an emergency, please call 911.

**To find places to
keep cool, visit durham.ca/Heat
or scan the QR Code.**

