

Stay Cool, PEI

Preparing for Heat Waves, Together

Extreme heat events (or “heat waves”) are becoming more frequent, longer, and more severe due to our changing climate. **Here are some actions you can take to prepare yourself:**



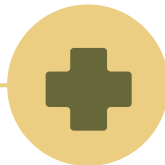
STAY INFORMED

Keep an eye on local weather forecasts and alerts.



STAY CONNECTED

Arrange regular check-ins with those around you.



STAY SAFE

Learn to identify the signs and symptoms of heat-related illness, and know when and where to get help.



STAY COOL AND HYDRATED

Know what actions you can take in and outside of the home to keep comfortable.



BE PREPARED

Have an emergency plan in place.



Scan the QR code to access our digital guide and get more detail on how to stay healthy and cool during a heat wave.

Remember, we're all in this together!



These resources have been created with support from the Government of PEI's Climate Challenge Fund.