

Stay Cool, PEI

Be prepared!

If you or someone you know is at risk during extreme heat, it's important to plan ahead and identify places in your community where you can seek relief from the heat.

ESCAPE THE HEAT

If you don't have air conditioning yourself, consider visiting with friends or family who do; or go to a public space such as a mall, theater or recreational center. Pools, splash pads, and beaches can also be great places to cool down and have fun. And don't forget about parks or other shaded green spaces where you can relax and beat the heat.

Take the time now to identify and note down some locations near you that you can access to stay cool during a heat wave.

LOCATION:

LOCATION:

LOCATION:



HAVE A HEAT BUDDY

If you live alone, it's important to have a heat buddy who can check in on you during a heat wave and who you can reach out to if you need help. Write down the name and contact information of your heat buddy below.

NAME / CONTACT:

NAME / CONTACT:

NAME / CONTACT:

Even if you aren't particularly vulnerable to extreme heat yourself, it's always a good idea to check in on friends, neighbours, and family members who may need extra support during a heat wave.

Print out this emergency planner and take the time to fill in the details. Keep it handy and share it with others in your community who may also be at risk during extreme heat. Remember, staying cool and hydrated is crucial for staying safe during a heat wave. Let's help each other stay safe and cool this summer.



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.