

THREE STEPS TO COST-EFFECTIVE HOME HEAT PROTECTION

Step 1: Plan ahead to keep cool

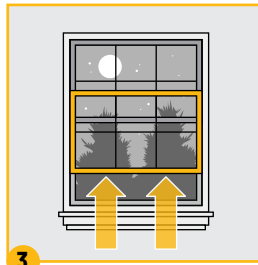
Do-it-yourself, \$0



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



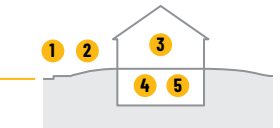
2
Sign up for heat alerts on your phone (e.g., [WeatherCan](#)).



3
Learn how to best use windows and doors to naturally ventilate your home, particularly at night.



4
Choose energy efficient lights and appliances that produce less "waste" heat.



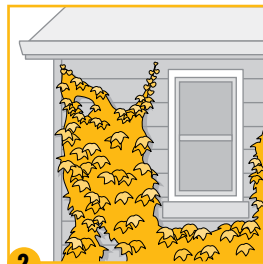
5
Temporarily arrange to work or sleep in cooler rooms (e.g. basement).

Step 2: Complete simple upgrades

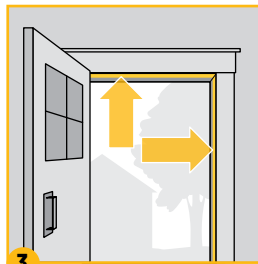
Do-it-yourself, for under \$250



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



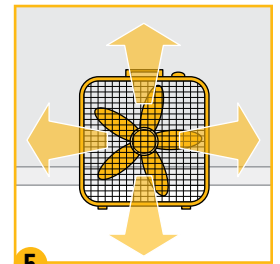
2
Grow plants climbing up your walls, and on decks and balconies.*



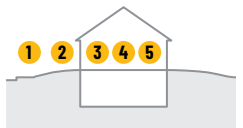
3
Improve home insulation and air tightness (e.g., draft strips).



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



5
Use portable or ceiling fans that increase air circulation.

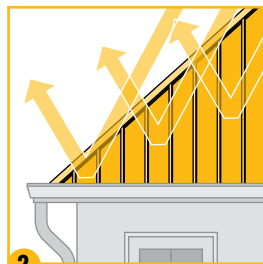


Step 3: Complete more complex upgrades

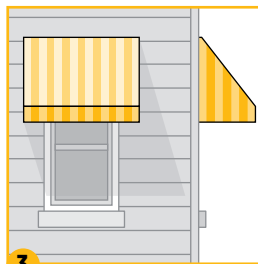
Work with a contractor, for over \$250



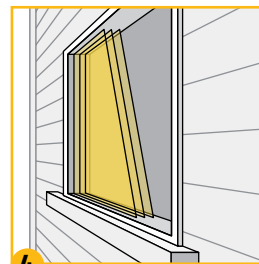
1
Convert paved areas to vegetation which absorbs less heat and more water.*



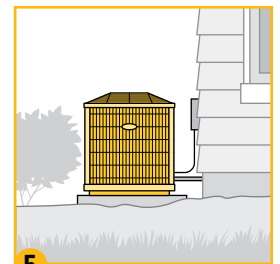
2
Install a green (vegetated) or reflective roof.*



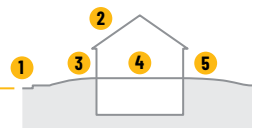
3
Shade windows with outdoor shutters and awnings.



4
Install windows and doors that have a low Solar Heat Gain Coefficient (let less heat in).



5
Install and maintain a heat pump or air conditioning unit.



* Seek local advice on appropriate native species, and, in places at risk of wildfire, consider [FireSmart™](#) guidance.



Scan the code or click the link for additional resources at www.intactcentre.ca