

TEMPERATURE MONITORING CALENDAR

Use this calendar to monitor the temperature in your apartment and share the data with the Neighbourhood Heatwave Response Project! Find tips inside the calendar on how to keep safe during heatwaves.

ABOUT THE NEIGHBOURHOOD HEATWAVE RESPONSE PROJECT

Extreme heat and heatwaves are becoming more frequent and severe due to climate change. In cities, heatwaves are intensified by pavement and tall buildings which trap heat. Many older high-rise buildings were not designed to handle extended heatwaves. Beginning in May 2022, TEA (Toronto Environmental Alliance) and CREW (Community Resilience to Extreme Weather) are working with local volunteers in St James Town to co-create and implement a community-led emergency response model for extreme weather events focused on heatwave response.

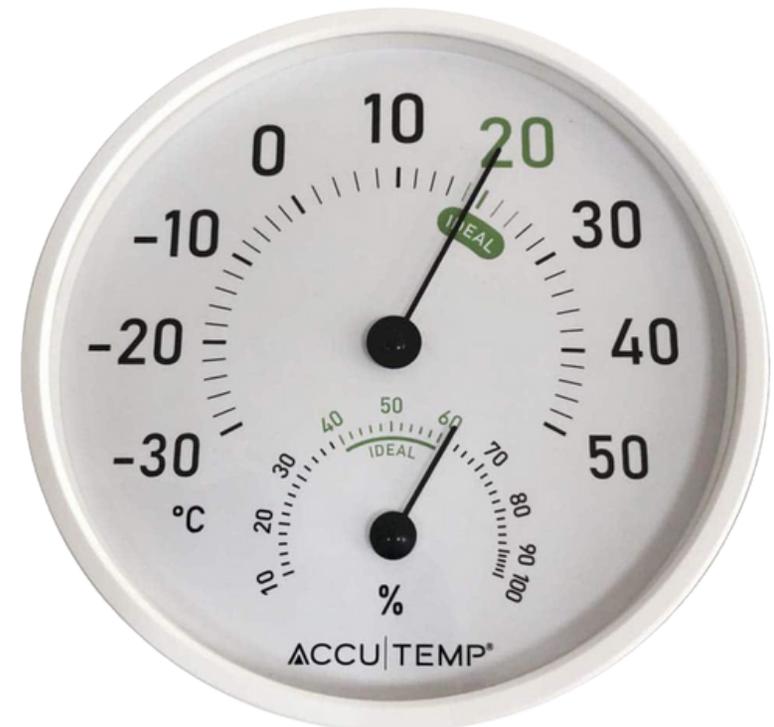


HOW TO MONITOR THE TEMPERATURE IN YOUR APARTMENT

Please use the thermometer provided to monitor your apartment temperature during hot days. This data will help show indoor temperatures in your building during a heatwave. Please record the temperature on the calendar and share when you are done.

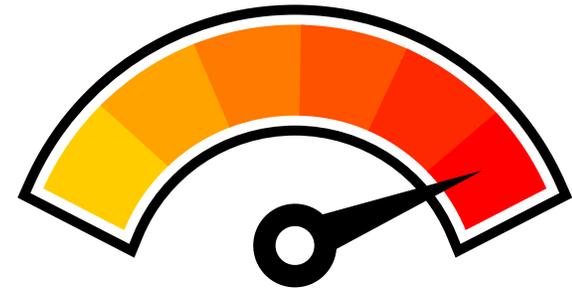
INSTRUCTIONS

Place the thermometer in the center of the room at least 2 feet (0.61 m) off of the ground for an accurate measurement of room temperature. Set the thermometer on a table or stool. Mounting a thermometer on a wall can produce inaccurate results because the heat from the walls can distort the reading.



STAY SAFE DURING A HEATWAVE

Over-exposure to extreme heat can create excessive stress on the body and lead to heat-related illnesses, such as heat stroke, heat exhaustion, heat fainting, heat rash and muscle cramps. Knowing how to stay safe during a heatwave and what signs to look out for can help you, your family and your neighbours stay safe.



TORONTO PUBLIC HEALTH - TIPS ON HEAT-RELATED ILLNESSES:

Watch for symptoms of heat-related illnesses which can include:

- *Dizziness or fainting*
- *Nausea or vomiting*
- *Headache*
- *Rapid breathing and heartbeat*
- *Extreme thirst*
- *Decreased urination with unusually dark yellow urine*

If you experience any of these symptoms, immediately move to a cool place and drink liquids. Cool water is best, not ice cold liquid.

Heat stroke is a medical emergency. Call 9-1-1 if you have or someone you are with has a high body temperature, along with one or a combination of the following: confused, unconscious, or has stopped sweating. While you are waiting for help, cool the person right away by moving them to a cool or shady place, remove excess clothing, and/or applying cool water to large areas of the skin or clothing.

TIPS FOR KEEPING COOL



- Block sun from entering your home using curtains or solar window film
- Avoid being outdoors during peak heat hours (10 am to 3 pm)
- If you have an air conditioner, use draft stoppers for doors and windows to keep cool air in
- Open windows to ventilate in the morning and evening when temperatures are lower
- Stay hydrated (drink at least 2L of water a day)
- Have lighter meals that use minimal heat and avoid using the oven
- Avoid strenuous exercise or outdoor work, if possible
- Lower your body temperature with cold showers or wet towels on the body
- Go to cooling spaces, if possible, such as the Wellesley Community Centre/St James Town Library. You can find locations in the City's Heat Relief Network at (<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/hot-weather/cool-spaces-near-you/>).



HEAT ALERTS AND WARNINGS:

Monitor heat alerts and warnings. These may be shared on the radio or television. You can check online websites like the Weather Network (www.theweathernetwork.ca) or Environment Canada (<https://weather.gc.ca/warnings>) for heat alerts and warnings.

AUGUST 2022

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
9 AM		1	2	3	4	5	6
7 PM							
9 AM	7	8	9	10	11	12	13
7 PM							
9 AM	14	15	16	17	18	19	20
7 PM							
9 AM	21	22	23	24	25	26	27
7 PM							
9 AM	28	29	30	31			
7 PM							

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SEPTEMBER 2022

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
9 AM					1	2	3
7 PM							
9 AM	4	5	6	7	8	9	10
7 PM							
9 AM	11	12	13	14	15	16	17
7 PM							
9 AM	18	19	20	21	22	23	24
7 PM							
9 AM	25	26	27	28	29	30	
7 PM							

HOW TO SHARE YOUR TRACKER

Please detach the August and September tracker sheets and return them to: _____

NAME _____

EMAIL ADDRESS _____

PHONE NUMBER _____

BUILDING AND UNIT # _____

DO YOU HAVE AIR CONDITIONING? _____