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Simple

Neighbourly Actions

to Get Ready for **Extreme Heat** Together

Welcome! Wondering what you can do to keep you and your neighbours safe during the next extreme heat event? Here are a few tips to get you started!

Get to know your neighbours

- Call neighbours you know or go door-to-door
- Host a “party with a purpose” or potluck dinner
- Host an “open house” coffee/tea hour



Set up a neighbour communication systems

- Create an email list or online group
- Install a community bulletin board or whiteboard
- Find neighbours who can help check in on others during extreme heat



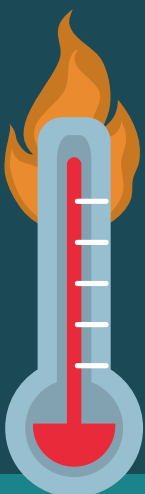
Find a Buddy / Be a Buddy

- Pair up with another person and agree to check in on each other
- Leave postcards asking if neighbours need help with tasks or getting supplies
- Create a formal buddy system with a group of neighbours



Prepare to stay cool

- Sign up for heat alerts
- Distribute a map of nearby cooling centres to your neighbours
- Set up a “chill” room or area (with fun activities!)
- Purchase supplies to build “cool kits” together



Learn More

- Contact your local emergency management department or health authority and set up a heat preparedness workshop
- Read through the rest of this guide!

