



Vaudreuil-Dorion

PRESS RELEASE

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FOR IMMEDIATE RELEASE

Heat wave: extended hours for pools and water games

Vaudreuil-Dorion, June 28, 2018 – In view of the weather forecast, the City of Vaudreuil-Dorion is adopting measures to allow residents to cool off.

From Friday, June 29th to Wednesday, July 4th, the opening hours of City pools will be extended until 8:30 PM. The Sainte-Madeleine pool is located at 14 Sainte-Madeleine (behind the school), and the Saint-Jean-Baptiste pool is located at 150 de la Fabrique. Water games will also operate for longer hours, from 8:00 AM to 10:00 PM. They are situated in the following parks: Bel-Air, Briand, de la Canardière, Champagne, Jean-Jacques-Bertrand, Mozart, des Narcisses, Sainte-Trinité, des Tilleuls and Toe-Blake. The new 150th anniversary water game, located at the corner of Saint-Charles and Paul Gérin-Lajoie will also be in operation.

Air-conditioned spaces are also available to residents:

Municipal Library (51 Jeannotte)

Monday to Friday: 10:00 AM to 9:00 PM

Saturday and Sunday: 10:00 AM to 4:30 PM (closed on July 1st)

The Félix-Leclerc room in the library will also follow the library schedule, except on Friday, June 29th, when it will be open from 10:00 AM to 6:00 PM.

Opti-Centre St-Jean-Baptiste (145 Harwood)

Friday, June 29th: 6:00 PM to 9:00 PM

Saturday, June 30th and Sunday, July 1st: 11:00 AM to 5:00 PM

Monday, July 2nd and Tuesday, July 3rd: 6:00 PM to 9:00 PM

Maison Félix-Leclerc (186 de l'Anse)

Friday, June 29th to Friday, July 6th (closed July 2nd): 11:00 AM to 5:00 PM

Board games will be available at Maison Félix-Leclerc and in Salle Félix-Leclerc in the library.

We particularly encourage at-risk clients such as the elderly, young children and people with chronic health conditions to take advantage of these measures during the heat wave. It is also important to hydrate regularly.



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Practical Tips

Some practical tips to help protect yourself from the effects of the heat:

- Hydrate well and don't wait to get thirsty. Drink a minimum of 1.5 litres of liquid a day (water, milk, juice, herbal tea, etc.) and eat foods rich in water such as fruits and vegetables. Caffeinated drinks such as coffee, soft drinks and energy drinks should be consumed in moderation, as their diuretic effect impairs hydration.
- Stay in a cool place or spend a few hours in air-conditioned surroundings (e.g. shopping centre, library) to help the body control its temperature.
- Reduce intense physical activity outdoors, especially in the middle of the day.
- Close your blinds or curtains during the day. Open your windows in the evening when the air cools down.
- Take a cool shower or bath as often as necessary.
- Protect yourself from the sun. Wear heat-appropriate clothing that is lightweight, loose and light-coloured.
- If the indoor temperature reaches or exceeds 32°C, do not use a fan, which dehydrates the body more.
- Take care of the elderly and those living alone.

If you think you are feeling the effects of intense heat, contact Info-Santé at 811. In emergency, call 911.