



Vaudreuil-Dorion

**PRESS RELEASE**

*L'avenir est ICI*

**FOR IMMEDIATE RELEASE**

## **Heat wave: measures taken by the City of Vaudreuil-Dorion**

**Vaudreuil-Dorion, June 22, 2020** – In light of the current weather forecast, the City of Vaudreuil-Dorion has decided to implement some measures to allow residents to get some relief from the heat.

Despite the closure of certain municipal buildings, the municipal administration is announcing the opening of the Opticentre, located at 145 Harwood Boulevard, as of today at 4 p.m. in order to provide an air-conditioned space for citizens who need to cool down

### **Opening hours :**

- June 22: 4 p.m. to 8 p.m.
- June 23, 24 and 25 : de 11 a.m. to 8 p.m.

It should be noted that spaces will be clearly defined in order to respect physical distancing measures. Therefore, wearing a mask is recommended. Citizens are invited to bring their personal items such as books, water bottles, music, food, etc.

### **Water playgrounds**

The operating hours of the water features were extended to 10:30 p.m. due to the heat wave. Only the water play located in Sainte-Trinité Park is not operational due to equipment failure.

### **Important information**

Here are a few tips to help you protect yourself from the effects of heat:

- Stay hydrated, avoid waiting until you get thirsty. Drink a minimum of 1.5 L of fluids per day (water, milk, juice, herbal tea, etc.), in addition to eating foods that are high in water content such as fruits and vegetables. Caffeine-containing beverages such as coffee, soft drinks and energy drinks should be consumed in moderation, as their diuretic effect interferes with hydration.
- Move to a cool place or spend a few hours in an air-conditioned area to help the body control its temperature.
- Cut down on intense outdoor physical activity, especially during mid-day.
- Close blinds or curtains during the day. Open the windows in the evening as soon as the weather cools down.
- Take a cool bath or shower as often as necessary.

- Protect yourself from the sun. Wear light coloured, loose fitting, heat-resistant clothing.
- If the temperature inside reaches or exceeds 32 degrees Celsius, avoid using a fan, as this tends to dehydrate the body even further.
- Check in with people in your area who are elderly or living alone.

If you think you may be experiencing the effects of intense heat, contact Info-Santé at 811. In case of emergency, call 911.