



Vaudreuil-Dorion

**PRESS RELEASE**

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**FOR IMMEDIATE RELEASE**

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

**Vaudreuil-Dorion, July 7, 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.

Citizens wishing to take advantage of an air-conditioned space are now invited to go to the 2nd floor of the Centre Multisports, located at 3093 de la Gare Blvd. Spaces will be clearly demarcated to respect physical distance. People can bring their personal items (e.g., books, water bottles, music, food, etc.).

### **Opening hours :**

- July 7: Until 9 p.m.
- July 8, 9 and 10 : 6 a.m. to 9 p.m.

### **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.

It is possible to contact the Info-Santé service at 811 for any question related to the effects of intense heat. In the event of an emergency, 911 must be called promptly.