



Vaudreuil-Dorion

PRESS RELEASE

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FOR IMMEDIATE RELEASE

## City implements measures to alleviate the impact of high temperatures on its population

**Vaudreuil-Dorion, August 10, 2021** – Given the weather forecast, the City of Vaudreuil-Dorion is implementing measures today to help residents get relief from the heat.

An air-conditioned space will be available according to the following schedule for citizens who need a place to cool off:

- Tuesday, August 10th, noon to 5 p.m. - Opticentre St-Jean-Baptiste (145 Harwood Boulevard)
- Wednesday, August 11th and Thursday, August 12th, noon to 5 p.m.: Centre Jean-Marc-Ducharme (21 Louise-Joseph Street)

People are invited to bring their personal items (e.g. book, water bottle, music, food, etc.). Current health measures will apply in order to ensure the safety of visitors (disinfecting, distancing, etc.).

The public library also provides air-conditioned reading areas that people are invited to use whenever needed. The library is located at 51 Jeannotte Street, and is open between 10 a.m. and 9 p.m. on weekdays, and between 10 a.m. and 5 p.m. on weekends.

### Water play areas

All water play areas are in operation until 10:30 p.m. There are 11 of them on the territory, located in the following parks:

- parc du 150<sup>e</sup>
- parc de Bel-Air
- parc Briand
- parc de la Canardière
- parc de Champagne
- parc Jean-Jacques-Bertrand
- parc Mozart
- parc des Narcisses
- parc de Sainte-Trinité
- parc des Tilleuls
- parc-école des Quatre-Saisons (formerly parc Toe-Blake)

## **Outdoor pools**

Operating hours for the Sainte-Madeleine (14 Sainte-Madeleine Street) and Saint-Jean-Baptiste (150 De la Fabrique Avenue) swimming pools will be extended slightly. Although the population is currently required to book a time slot to use the pools due to COVID-19 restrictions, free access to the pools will be offered during the last operating hour, from 7:30 p.m. to 8:30 p.m. Access will be given on a first-come, first-served basis.

## **Helpful tips**

Some precautions must be taken to protect yourself from the effects of high temperatures during a heat wave:

- Drink plenty of fluids, without waiting to be thirsty. Drink a minimum of 1.5 litres of fluids per day (water, milk, juice, herbal tea, etc.) in addition to consuming foods high in water such as fruits and vegetables. Caffeinated beverages such as coffee, soft drinks and energy drinks should be consumed in moderation, as their diuretic effect interferes with hydration.
- Stay in a cool place or spend a few hours in an air-conditioned space to help control body temperature.
- Reduce outdoor physical activities, especially in the middle of the day.
- Keep blinds and curtains closed during the day. Open the windows at night when temperatures are cooler.
- Take a cool bath or shower as often as necessary.
- Protect yourself from the sun. Wear heat-resistant clothing that is lightweight, loose and light in colour.
- If the temperature inside reaches or exceeds 32 °C, avoid using a fan, as it dehydrates the body further.
- Keep an eye on elderly people and people around you who live alone.

Don't hesitate to contact the Info-Santé line by dialing 811 for any question related to the effects of intense heat. In the event of an emergency, call 911 without delay.