



CLIMATE CHANGE AND EXTREME HEAT

September 9, 2022

Hamilton Climate Action Strategy (HCAS)

Mitigation: Reducing/eliminating Greenhouse Gas Emissions to Net-Zero by 2050

Adaptation: Protecting people and property from the unavoidable impacts of climate change

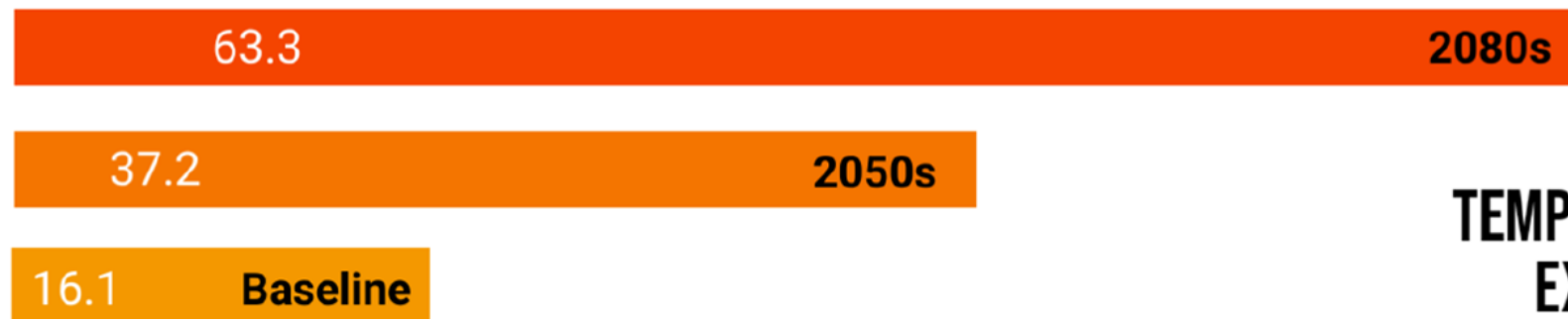
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Climate Change and Extreme Heat in Hamilton

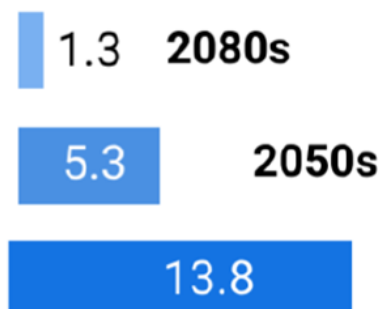
DAYS AT OR ABOVE 30°C



TEMPERATURE EXTREMES

More hot days,
fewer cold days.

DAYS AT OR BELOW -15°C



- Night time temperatures above 20C are expected to increase fivefold by the 2080s

Why are Seniors More At Risk?

- Age
 - less able to dissipate heat
 - more likely to be ill
 - reduced thirst impulse
- Income/socioeconomic status

General Risk Factors

- Time of year
- Duration of heat event
- Lack of night-time cooling
- Social isolation

ICLEI Advancing Adaptation Project

- Community-focused pilot project implementation focused on extreme heat in vulnerable communities
 - Four City Housing buildings downtown
- Five Interventions:
 - Targeted Information Sheet
 - Indoor Cooling Rooms
 - Outdoor Shade
 - Air conditioners for Tenants
 - Tenants Support Network

Information Sheet

- Information specific to neighbourhood and for low-income residents without air conditioning

Check in on your neighbours and family,

and let your friends and loved ones know when you need help. We are working to put together a network in your building of residents to check in on each other during events like heat waves to help make sure everyone is cared for. If you would like to participate (either as someone who helps to check in on people, or as someone who would like a check-in, or both), please contact ClimateChange@hamilton.ca or 905-546-2424 x. 5288.

IMPORTANT PHONE NUMBERS

- The City's Information Line: **905-546-2489**
- If you are feeling severely ill from heat, **call 911**
- Questions about your rights as a tenant?
Call ACORN - 905-393-5734 / hamilton@acorncanada.org



Your Closest Community Cooling Centre is the Hamilton Central Public Library

For an average adult, it is a ten-minute walk from 200 Jackson Street West to Jackson Square, and a 13-minute walk to the Central Library branch



How to Beat the Heat

Extreme Heat is when the day-time temperature is over 30°C. Environment and Climate Change Canada's weather forecasting service monitors for these conditions and provides alerts to the public and to other agencies such as local governments.

If you have internet access, you can be notified directly of extreme heat alerts by downloading the WeatherCAN app on either apple or android devices.

If you do not have internet access, you can learn about current or forecasted extreme heat events by listening to the radio, watching television news, or looking for signs and posters in your building or in the community.

What to do during an Extreme Heat Event:

Reduce your risk of heat-related illness by:

- Drinking lots of water
- Going to an air-conditioned place
- Wearing a hat (when outside) and loose-fitting, lightweight clothes
- Taking a bath or shower with cool water, running cool water over your wrists or putting your arms or feet in cool water
- Closing your blinds or curtains
- Opening your windows to let air circulate while using a fan, only if the outdoor air is cooler than the indoor air
- Limiting physical activity during the day
- Having cold meals to eat
- Using a microwave or toaster oven instead of a stove or standard oven to cook meals
- **Call your doctor** if you have heavy sweating, paleness, muscle cramps, weakness, tiredness, dizziness, headache, fainting, nausea and/or vomiting

For more information about extreme heat visit:
hamilton.ca/heat



SEE REVERSE SIDE for more helpful information on How to Beat the Heat

Indoor Cooling Rooms



During extreme heat events,
this will be a **COOLING ROOM**
for residents of
181 Jackson St W and
95 Hess St.

- Posters and flyers made to make tenants aware
- Furniture purchased where needed

Outdoor Shade





Hamilton

THANK YOU