

FOR IMMEDIATE RELEASE

Extreme heat: measures implemented by the City of Vaudreuil-Dorion

Vaudreuil-Dorion, June 17, 2024 – In view of the weather forecast, the City of Vaudreuil-Dorion is putting in place measures to enable its residents to cool off over the next few days, from June 18 to 21.

Residents wishing to take advantage of an air-conditioned area are invited to go to the entrance hall of the Centre multisports André-Chagnon, located at 3093, boul. de la Gare, between 6 a.m. and 10 p.m. They can bring their own personal items (e.g. books, water bottles, music, food, etc.). The municipal library (51, rue Jeannotte) will also be an option for finding some fresh air. It will welcome visitors between 9 a.m. and 9 p.m. during this period. Finally, the Opticentre St-Jean-Baptiste (150, avenue de la Fabrique) will also be open to residents on Tuesday June 18 from 8 a.m. to 6 p.m., Wednesday June 19 from 8 a.m. to 9 p.m. and Thursday June 20 from 8 a.m. to 12 p.m.

Pools and water playgrounds

Both pools will be open to the public from 4 p.m. to 8:30 p.m. During the day, they will be available to schools nearby. The 11 water games in the area will be open between 8 a.m. and 10 p.m. To find out where they are located, simply consult the interactive map on the City's website.

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.