

THREE STEPS TO COST-EFFECTIVE APARTMENT AND CONDO HEAT PROTECTION

Step 1: Plan ahead to keep cool

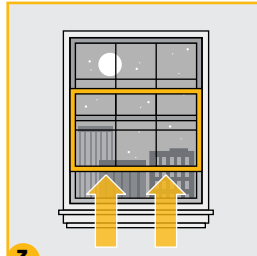
Do-it-yourself, \$0



1 Help vulnerable neighbours, family, friends prepare and arrange to check on them during heat events.



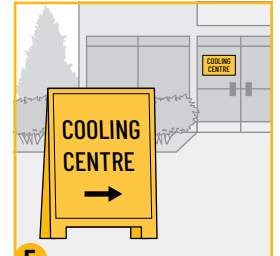
2 Sign up for heat alerts on your phone (e.g., [WeatherCan](#)).



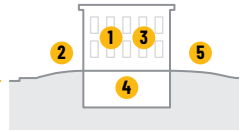
3 Learn how to best use windows and doors to naturally ventilate your unit, particularly at night.



4 Choose energy efficient lights and appliances that produce less "waste" heat.

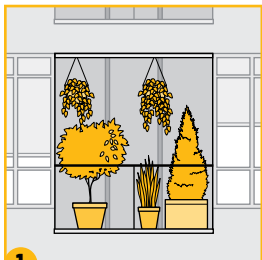


5 Arrange to work or sleep in a cooler place (e.g., shared cooling space).

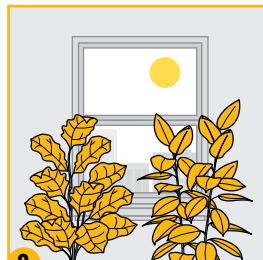


Step 2: Complete simple upgrades

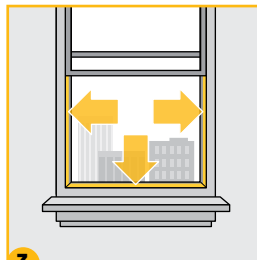
Do-it-yourself, for under \$250



1 Green your balcony or deck with potted, hanging and climbing plants.*



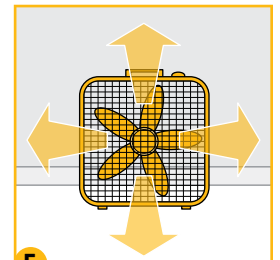
2 Place tall plants with large leaves near light-facing windows.



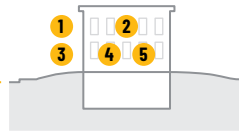
3 Improve unit insulation and air tightness (e.g., draft strips).



4 Install blinds, heat-resistant curtains, or films on windows.

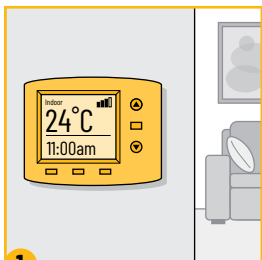


5 Use portable or ceiling fans that increase air circulation.

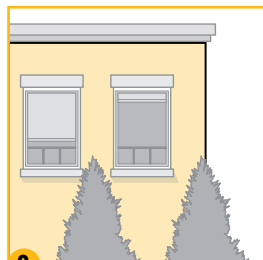


Step 3: Complete more complex upgrades

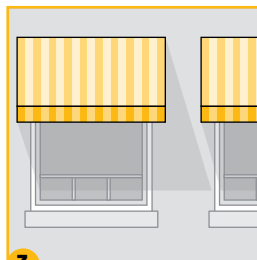
With building managers, for over \$250



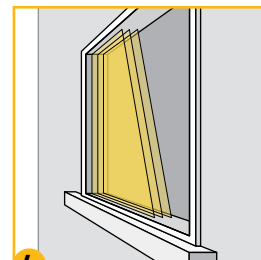
1 Install temperature and humidity monitors or controls.



2 Paint unit walls with white paint or light colours.



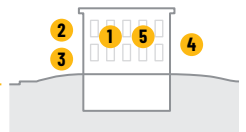
3 Shade windows with outdoor shutters and awnings.



4 Install windows and doors with low Solar Heat Gain Coefficients, that let less heat in.



5 Install and maintain a heat pump or air conditioning unit.



* In places at risk of wildfire, the use of green infrastructure must be considered alongside [FireSmart™](#) guidance.



Scan the code or click the link for additional resources at www.intactcentre.ca