

COM44A

For IMMEDIATE release

Special Measures for the Scorching Heat

Châteauguay, July 4, 2019 – Given the current heat wave, the Ville de Châteauguay has implemented certain provisions to accommodate the public. If the heat wave continues, other measures could be taken to ensure the well-being of residents.

Residents who are suffering from the high heat are encouraged to cool off in the following air-conditioned areas:

- **Bibliothèque Raymond-Laberge** (25 Maple Blvd.) – Thursday from 9 am to 8 pm and Friday from 9 am to 5 pm. The complete schedule including the other days of the week is available on our [website](#).
- **Chalet in the Centre écologique Fernand-Seguin** (257 Fernand-Seguin St.) – Everyday from 9 am to 5 pm.
- **Centre régional de Châteauguay** (200 D'Anjou Blvd.) – Thursday and Friday from 10 am to 9 pm, Saturday from 9 am to 5 pm and Sunday from 9 am to 5 pm. The complete schedule including the other days of the week is available on its [website](#).
- **Cinéma Carnaval** (240 Saint-Jean-Baptiste Blvd.) – The film schedule is available on its [website](#).

You can also go to the **Agora** (75 Maple Blvd.) to sit outside under a roof. Île Saint-Bernard also offers many shady spots at the water's edge.

Exceptionally, splash pads in local parks will continue operating until 10 pm:

- Parc Alfred-Dorais (Primeau Blvd. and Carré Richelieu)
- Parc Bonneau (Craik and Théberge streets)
- Parc Josaphat-Pitre (Albert and De Nicolet streets)
- Parc Marcel-Seers (D'Youville Blvd. and Girouard)
- Parc Yvan-Franco (De Gaulle Blvd. and Desmarais)

In addition, the opening hours of the outdoor aquatic complex at Régie Sports et loisirs Beau-Château (864 Cadieux Blvd., Beauharnois) are extended until 9 pm today, Thursday, July 4 and tomorrow Friday, July 5.

The City would also like to point out a few golden rules to beat the heat:

Source: Direction des communications et des relations publiques
5 D'Youville Blvd.
Châteauguay, QC J6J 2P8
450 698-3013

communications@ville.chateauguay.qc.ca

Web: www.ville.chateauguay.qc.ca

B-CITI <https://chateauguay.b-citi.com>

  / CHATEAUGUAY

- Drink regularly, don't wait until you are thirsty;
- Minimize physical efforts;
- Spend a few hours every day in a cool or air-conditioned location;
- Take a cool shower or bath as often as necessary, or cool off with a wet towel;
- Keep your friends and family informed of how you are or ensure that a parent or friend checks on you regularly and even comes to check your home's temperature in a heat wave;
- If you feel unwell, do not hesitate to call Info-Santé at 811.

Exposure to excessive heat can cause serious health problems, for both humans and animals. In the event of an emergency, do not hesitate to call 911.

For more information about the effects of heat on health, we encourage you to consult the [Health Canada website](#).

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