

# What Is Electricity Resilience During Heatwaves?

As Nova Scotia's climate warms, heatwaves are becoming more frequent, intense, and longer-lasting. These extreme heat events can affect your health, disrupt daily life, and put added pressure on electricity systems due to increased cooling needs. Preparing

for heatwaves is one way we can adapt to a changing climate and keep our homes, communities, and energy systems resilient.

Electricity resilience means getting ready now so we can keep cool during heatwaves. This is part of climate change adaptation.

## Why Preparing for Heatwaves Matters

Preparing for extreme heat helps protect our health, reduce pressure on the electricity grid, and keep our communities resilient.

Here's how:

- Make small home upgrades to stay cooler while using less energy.
- Use power wisely during peak demand hours to avoid strain on the grid.
- Check in on neighbours, friends, and family during heat alerts.
- Know where to find cooling centres and shaded public spaces in your area.

## What You Can Do To Prepare For Heatwaves

Being prepared for a heatwave keeps you cool and supports electricity resilience. Here are some helpful tips.

### Keep Cool Indoors:

- Use fans, close blinds during the day, and take cool showers
- Avoid using ovens or dryers during the hottest times of day
- Use programmable thermostats to manage indoor temperature efficiently

#### ADAPTATION TIP

*Making sure you use energy efficient appliances helps keep you cool, without adding unnecessary demand to the grid.*

### Improve Your Home's Resilience:

- Add insulation and weatherstripping to keep cool air inside
- Upgrade to a heat pump, which cools efficiently and can replace older systems
- Create shade around your home using trees, trellises, or vines to block direct sun and keep indoor temperatures cooler during heatwaves.

#### ADAPTATION TIP

*There are lots of great energy efficiency programs available to Nova Scotians. By taking advantage of these programs, you can decrease how much power you use.*

### Stay Safe and Smart:

- Stay hydrated and wear loose, light-coloured clothing
- Learn the signs of heat stroke and heat exhaustion
- Run appliances during cooler hours (early morning or evening)

#### ADAPTATION TIP

*Plan ahead for extreme heat by learning the signs of heat exhaustion and knowing when to seek help.*

### Use Community Supports:

- Visit cooling centres or public places like libraries and malls
- Know where to go locally for air conditioning or assistance during extreme heat
- Check on neighbours, friends, and family – especially vulnerable individuals

#### ADAPTATION TIP

*Build resilience together - know where local cooling centres are and make a plan to support vulnerable community members during heatwaves.*

## Looking Ahead

As heatwaves become more common in Nova Scotia, planning ahead is one of the best ways to stay safe and comfortable. Whether it's making small upgrades at home or checking in on someone who might be struggling, each action we take helps build a more resilient community – one that's ready to handle rising temperatures, together.

### Learn More:



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