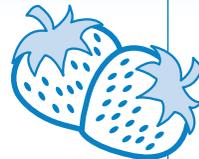




KEEP COOL!

Make a plan to beat the heat

1. Stay out of the sun as much as possible.
2. Spend time in a cool or air-conditioned place.
3. Wear a hat and lightweight, loose and light-coloured clothing.
4. Drink plenty of cool fluids such as water BEFORE you feel thirsty.
5. Splash cool water on your face and neck or take a cool shower or bath.
6. Walk slowly and cut down on activities that overheat you.
7. Get medical attention if you are pale, sweating heavily, faint, dizzy, or nauseous.
8. Eat more cold foods such as salads and fruit which contain water.
9. Check on friends, family, neighbours and pets.
10. Close blinds or drapes during the day and only open your windows at night when it is cooler. Also, avoid using heat generating appliances like dryers and dishwashers.



Anyone struggling with the heat are welcome to take a break at any City community centre or library branch, the following ones have air conditioning:

All Public Libraries

Britannia
 Carnegie
 Central
 Champlain Heights
 Collingwood
 Dunbar
 Firehall
 Fraserview
 Hastings
 Joe Fortes
 Kensington
 Kerrisdale
 Kitsilano
 Marpole
 Mount Pleasant
 néa?mat ct Strathcona
 Oakridge
 Renfrew
 South Hill
 Terry Salman
 West Point Grey

Community Centres

Britannia
 Carnegie*
 Evelyne Saller
 Gathering Place*
 Hillcrest
 Kerrisdale
 Mount Pleasant
 Ray-Cam Co-operative
 Roundhouse
 West End

* This centre has a high efficiency particulate air filtering facilities providing cleaner air

If you need help

Phone 9-1-1 for medical emergencies

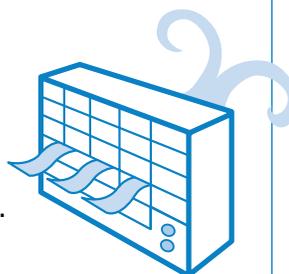
Phone 8-1-1 for health questions on heat-related symptoms

Phone 3-1-1 for the nearest library or community centre

Where to go to keep cool

If you need a break from the heat, visit a library or community centre (note that some facilities are closed certain days or have shortened hours).

Phone 3-1-1 for hours of operation.



For more information visit:
vancouver.ca/hot-weather