

Keeping Cool in Vancouver



Stay safe in the summer heat

- 1 Spend time in a cool or air-conditioned place.
- 2 Stay in the shade when outside.
- 3 Wear a wide-brimmed hat, lightweight, loose-fitting clothing, and sunscreen.
- 4 Drink plenty of cool fluids such as water before you feel thirsty. Eat more cold foods which contain water, such as salads and fruit.
- 5 Splash cool water on your face and neck, wear a wet shirt, or use a wet towel to cool down. Take a cool shower or bath.
- 6 Walk slowly and cut down on activities that overheat you.
- 7 Know the signs of a medical emergency. Symptoms of heat stroke include high body temperature, dizziness or fainting, confusion, lack of coordination, or very hot and red skin.
- 8 Check in by phone, video chat, or in-person with anyone you know who is more vulnerable to heat. This includes people over 60 years of age, people who live alone, people with pre-existing physical and mental health conditions, and people who use drugs. Remember to check on pets too.
- 9 Close blinds or drapes during the day and only open your windows at night when it is cooler.
- 10 Indoor temperatures between 26 and 31 degrees Celsius can be dangerous for some. If indoor temperatures are above 31 degrees go to an air conditioned space.


FOR MORE INFORMATION AND UPDATES
vancouver.ca/hot-weather

(Translations available)



The City of Vancouver acknowledges the unceded homelands of the x^mməθk^wəyəm (Musqueam), S^kwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh) Nations.

Things to know

- When a heat warning is in effect, all community centre cooling centres are open from 9 am to 8 pm with some open later. During an extreme heat emergency, hours are extended. Library cooling centres are open for regular hours which can vary between locations.
- Cooling centres are available for everybody. You do not need to register, pay, or show identification to visit a cooling centre. Seating, water, and access to washrooms are available at these locations.
-  All Community Centre cooling centres will accept well-behaved pets except for the following locations:
 - > Evelyne Saller Centre (404 Alexander Street)
 - > Carnegie Community Centre (401 Main Street)

IF YOU NEED HELP

Medical emergencies:

Phone 9-1-1

Health questions on heat-related symptoms:

Phone 8-1-1

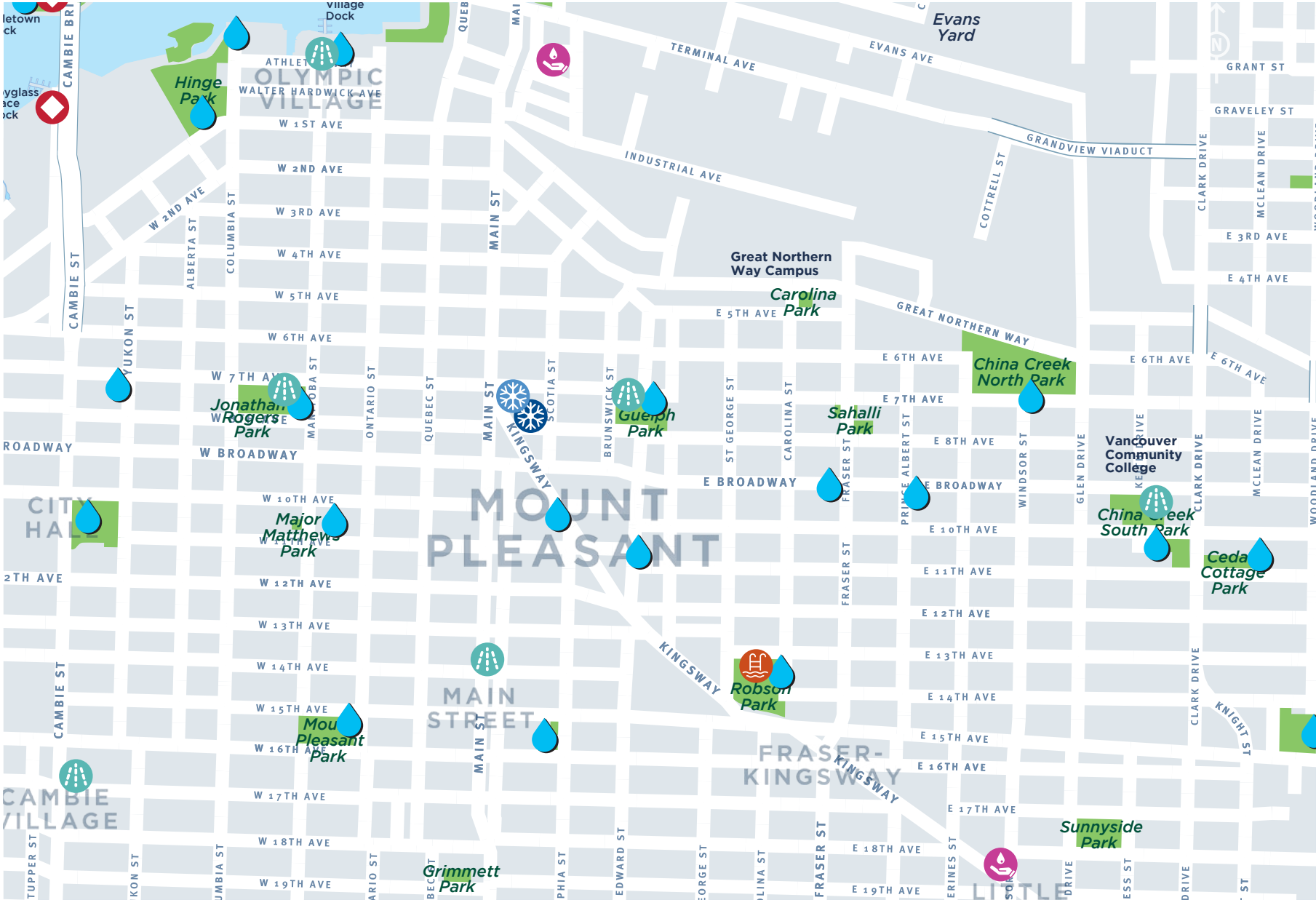
Public locations to help you keep cool:

Phone 3-1-1

Interpretation services are available for the phone numbers above

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MOUNT PLEASANT



- Library Cooling Centres
- Community Centre Cooling Centres
- Misting Stations
- Weather Protected Plazas
- Wading Pools
- Handwashing Stations
- Drinking Fountains