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 xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səl̓ilwətaɬ (Tsleil-Waututh) Nations.