

# 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](https://vancouver.ca/hot-weather)**

(Translations available)



The City of Vancouver acknowledges the unceded homelands of the x<sup>m</sup>məθk<sup>w</sup>əyəm (Musqueam), S<sup>k</sup>wxwú7mesh (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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## SUNSET/OAKRIDGE/MARPOLE

