



Summer has arrived with a vengeance in southern BC, with anticipated temperatures in excess of 29°C over several days. It's important to stay cool and as hydrated as possible to avoid heat-related illnesses.

Where to Get Cool and/or Hydrated*

AVI Outreach

1 Centennial Square

- Cooling station with water, Gatorade, tent with shade, buckets, hoses and a sprinkler
- Looking for volunteers and resources to support the site
- Outreach teams will also be visiting sites with water, electrolytes, freezies & sunscreen

Community Centres

- Step inside for some respite from the sun (hours varied)

Greater Victoria Public Libraries

www.gvpl.ca/branches-hours

- All 12 library branches welcome you inside until 6 pm Monday.

Island Health Sobering & Assessment Centre 1125 Pembroke St.

- Space for 5-6 people to escape the sun in the lobby area. Water and mats for resting available

Our Place Society

919 Pandora Ave.

- Water available
- Drop-in centre is open 6:30am-9pm daily and the covered courtyard has plenty of shade
- Accepting donations of water spritzer bottles, sunscreen, fans

Royal Athletic Park

1014 Calendonia Ave.

- Misting stations open until 8pm on Monday

Salvation Army ARC

525 Johnston St.

- Water available

Sanctuary Youth Centre

767 Humboldt St.

- A cool spot for youth aged 22 and under
- Open Tuesday-Sunday (closed on July 1) Tuesday-Thursday: 10am-3pm / Friday-Sunday: 1-7:30pm

Victoria Cool Aid Society – Rock Bay Landing 535 Ellice St.

- Water available
- Hygiene area open for cool showers from 12:30-3:30pm
- Also accepting donations of sunscreen and sunglasses for distribution at **101-749 Pandora Ave.**

The Watering Garden at Beacon Hill Park

Simcoe & Douglas

- Open 8am to dusk

Remember to observe COVID-19 protocols

- *Stay hydrated, but make sure you're including electrolytes – add Gatorade/PowerAde/frozen drinks/freezies where possible
- Have a salty snack to replenish sodium
- Protect yourself with sunglasses, a wide-brimmed hat and sunscreen – minimum SPF 30
- Use an umbrella as a parasol
- Wear lightweight, light-coloured, loose-fitting clothing
- Find shade or indoor space – avoid being in the direct sun for long periods of time
- Medical questions? Call 8-1-1

In the Community

- **Encampment Outreach:** In addition to their usual outreach activities, the “orange backpacks” will have water and can provide clinical supports.
- **Harbour staff:** As able, they will walk the 900 block of Pandora with water.
- **PEERS:** The outreach van will be running every evening as usual, and will have water and snacks.
- **SOLID Outreach:** In addition to their usual outreach services, SOLID will be able to provide water.
- **Bylaw:** Bylaw officers will have water available for any who need it.

Watch for Symptoms

- Pale, cool, moist skin
- Heavy sweating
- Muscle cramps
- Rash
- Swelling, esp. hands & feet
- Dark urine and decreased urination
- Rapid breathing and heartbeat
- Fatigue and weakness
- Light-headedness and/or fainting
- Headache
- Extreme thirst
- Nausea and/or vomiting

Never leave children or pets alone in a parked vehicle.

More severe symptoms – including high fever, hallucinations, seizures and unconsciousness – require urgent medical attention. Call 911, move to a cool place, and cool the person with water and fanning.

Island Health – Heat Safety: www.islandhealth.ca/learn-about-health/environment/heat-safety

Staying Healthy in the Heat

www.canada.ca/en/health-canada/services/publications/healthy-living/infographic-staying-healthy-heat.html

Water Fountain Locations (see map below or scan QR code)

vicmap.maps.arcgis.com/apps/View/index.html?appid=01d530fe77d24581b69b1b0a0c8e3583

