



Hot weather is in the forecast for southern BC, with temperatures anticipated to reach the high 20s/low 30s. It's important to stay cool and hydrated to avoid heat-related illnesses.

Where to Get Cool and/or Hydrated*

Community Centres

- Step inside for some respite from the sun (hours varied)
 - Burnside Gorge, 471 Cecilia Rd.
 - Quadra Village, 901 Kings Rd.
 - Fairfield Gonzales, 1330 Fairfield Rd.
 - Fernwood, 1240 Gladstone Ave.
 - James Bay, 140 Oswego St.
 - Oaklands, 1-2827 Belmont Ave.
 - Victoria West, 521 Craigflower Rd.

Greater Victoria Public Libraries

www.gvpl.ca/branches-hours

- All 12 library branches welcome you inside during business hours (hours vary by day - closed on Sunday).

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

Royal Athletic Park

1014 Caledonia Ave.

- Misting stations open on Wednesday-Friday – 5-8pm; Saturday & Sunday – 10am-8pm.

Salvation Army ARC

525 Johnston St.

- Water available

Victoria Cool Aid Society – Rock Bay Landing

535 Ellice St.

- Water available
- Hygiene area open for cool showers from 12:30-3:30pm

The Watering Garden at Beacon Hill Park

Simcoe & Douglas

- Open 8am to dusk

REMEMBER TO STAY COVID-19 SAFE!

In the Community

- **AVI Outreach:** Water, electrolytes, sunscreen and hats distributed from the outreach van, 1-7pm, throughout Victoria.
- **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. Water and snacks will also be available at:
Howard Johnson, 310 Gorge Rd. East: 10am-5pm / Capital City Centre Hotel, 1961 Douglas St. 9am-4pm
- **SOLID Outreach:** In addition to their usual services, SOLID will have water available at 1056 North Park.
- **Bylaw:** Bylaw officers will have water available for any who need it.

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.

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

- *Stay hydrated, but make sure you're including electrolytes – add Gatorade/PowerAde where possible – and avoid caffeine, alcohol, and excessive sugar
- 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 a breeze near the water – avoid being in the direct sun for long periods of time
- Be mindful of the health and safety of those around you – friends, family or strangers in distress
- Mist your clothing with cool water if you have a fan to help cool hot air
- Medical questions? Call 8-1-1

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

Lots of greater tips for staying cool indoors or safe outside.

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

