

# Extreme Heat



Our region is expected to experience more frequent extreme heat events in the coming years. Learn more about the potential impacts of extreme heat and how you can prepare and respond.

## Who is Vulnerable?

Certain groups are at greater risk of health impacts during extreme heat. People in these groups may be particularly vulnerable if they live alone or lack access to air conditioning or other ways to stay cool.



Children under 4



Seniors over 65



Pregnant people



People with chronic medical conditions

## Heat Exhaustion

Symptoms

- Skin rash
- Headache
- Heavy Sweating
- Rapid breathing & heartbeat
- Dark urine & decreased urination
- Extreme thirst



Intervention

Decrease activity, move to a cool space and drink plenty of water.

## Heat Stroke

- Very high body temperature
- Confusion & lack of coordination
- Fainting
- Hot, red skin & NO SWEATING

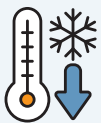


Call 911 or seek medical attention. Cool down by submerging in cool water or applying cool damp clothes to the skin.

## Prepare and Stay Informed



Download Vic-Alert via the Alertable app to your phone or computer to receive alerts about local hazards: [victoria.ca/VicAlert](https://victoria.ca/VicAlert).



Identify the coolest place in your home for sleeping. Close blinds and windows during the hottest part of the day and open them as outside temperatures drop to allow fresh air in.

## Places to Cool Down



If you are unable to stay cool at home, identify places in your community with air conditioning, such as a friend's house, a mall or library. See the back of this pamphlet for a map of cooling resources operated by the City of Victoria and within the community. For more tips on how to stay cool, visit [victoria.ca/ExtremeHeat](https://victoria.ca/ExtremeHeat).

### Provincial Heat Alert Response System (HARS)



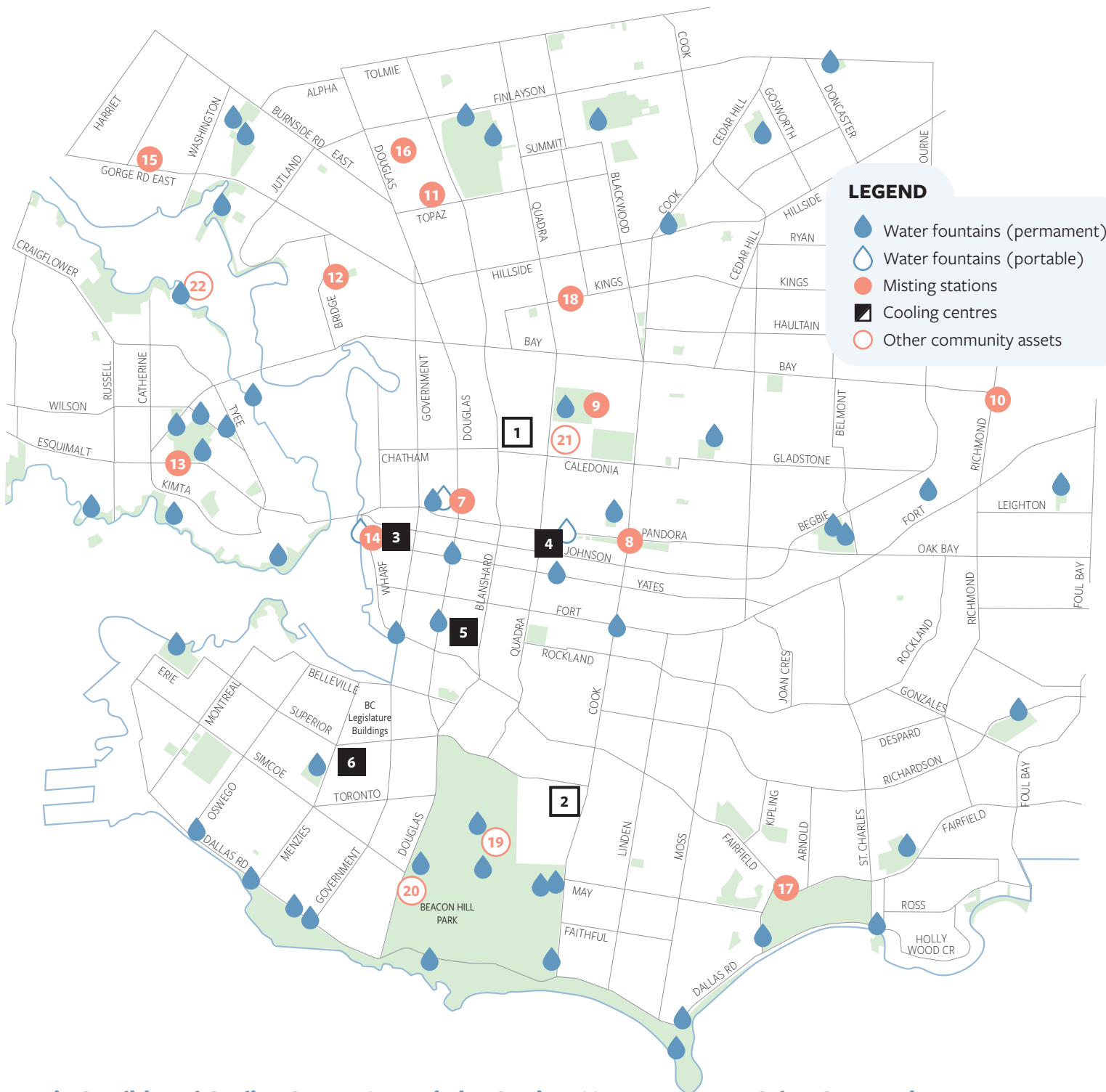
#### LEVEL 1: Heat Warning

Temperature forecast calls for a daily high of 29°C with a minimum overnight low of 16°C for at least 2 days.



#### LEVEL 2: Extreme Heat Emergency

Temperature forecast meets the criteria for a Level 1 Heat Warning with temperatures continuing to increase over a 3-day period.



### Air-Conditioned Cooling Centres\*

#### CITY OF VICTORIA CENTRES

1. Save on Foods Memorial Centre  
1925 Blanshard St.
2. Cook Street Activity Centre  
380 Cook St.

#### COMMUNITY OPERATED CENTRES

3. Salvation Army ARC, 525 Johnson St.
4. Our Place Society, 919 Pandora Ave.
5. Greater Victoria Public Library  
(Central Branch), 735 Broughton St.
6. Greater Victoria Public Library  
(James Bay Branch), 385 Menzies St.

### Misting Stations\*\*

7. Centennial Square @ Douglas St.
8. Pandora Ave. @ Cook St.
9. Vancouver St. @ Princess Ave.
10. Bay St. @ Richmond Ave.
11. Topaz Ave. @ Quesnel St.
12. Ellice St. @ Bridge St.
13. Victoria West Park @ Esquimalt Rd.
14. Reeson Park @ Wharf St.
15. Gorge Rd. @ Albany St.
16. Nanaimo St. @ Redbrick St.
17. Fairfield Rd. @ Thurlow Rd.
18. Fifth St. @ Kings St.

### Other Community Assets

19. Beacon Hill Park Splash Pad  
Beacon Hill Park via Bridge Way
20. Beacon Hill Park Watering Can  
Circle Drive @ Douglas St.
21. Crystal Pool, 2275 Quadra St.
22. Swimming dock @ Banfield Park

\*Cooling Centres will only be opened in the event of an Extreme Heat Emergency.  
\*\*Misting stations will be deployed during Heat Warnings and Extreme Heat Emergencies.