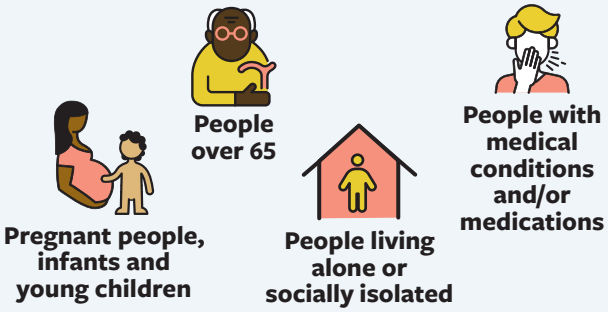
Extreme Heat

Our region is expected to experience more frequent extreme heat events. Learn about the potential impacts and how to prepare and stay safe.

Keep Vulnerable People Safe

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. **Please check on your friends, family and neighbours who may be vulnerable.**



	Mild to Moderate Heat-Related Illness		Severe Heat-Related Illness
Symptoms	Skin rash Headache Heavy sweating Muscle cramps	Dark urine and increased urination Extreme thirst Rapid breathing and heartbeat	Confusion Dizziness or fainting High body temperature Flushed skin with no sweating
What to Do	If these symptoms develop, move to a cooler space, drink plenty of water and use water to cool your body—wear a wet shirt or apply damp towels to your skin. Visit **HealthLinkBC** for more information on heat-related illness.		**This is a medical emergency, call 911.** While waiting for help, move the person to a cool place right away and apply cold water to large areas of the skin, if possible.

Heat Warning Levels

Yellow Warning

Forecast of daily high of 29°C and minimum overnight low of 14°C for at least two days.

Orange Warning

Forecast meets the heat warning criteria for at least three days.

Red Warning

Forecast meets the heat warning criteria, with temperatures expected to increase for at least three days.

Prepare and Stay Informed

Subscribe to Vic-Alert to receive emergency notifications, including extreme weather hazards at **victoria.ca/VicAlert.**

Identify the coolest place in your home for sleeping. Close blinds, curtains and windows during the hottest part of the day and open them in the evening to let cooler air in.

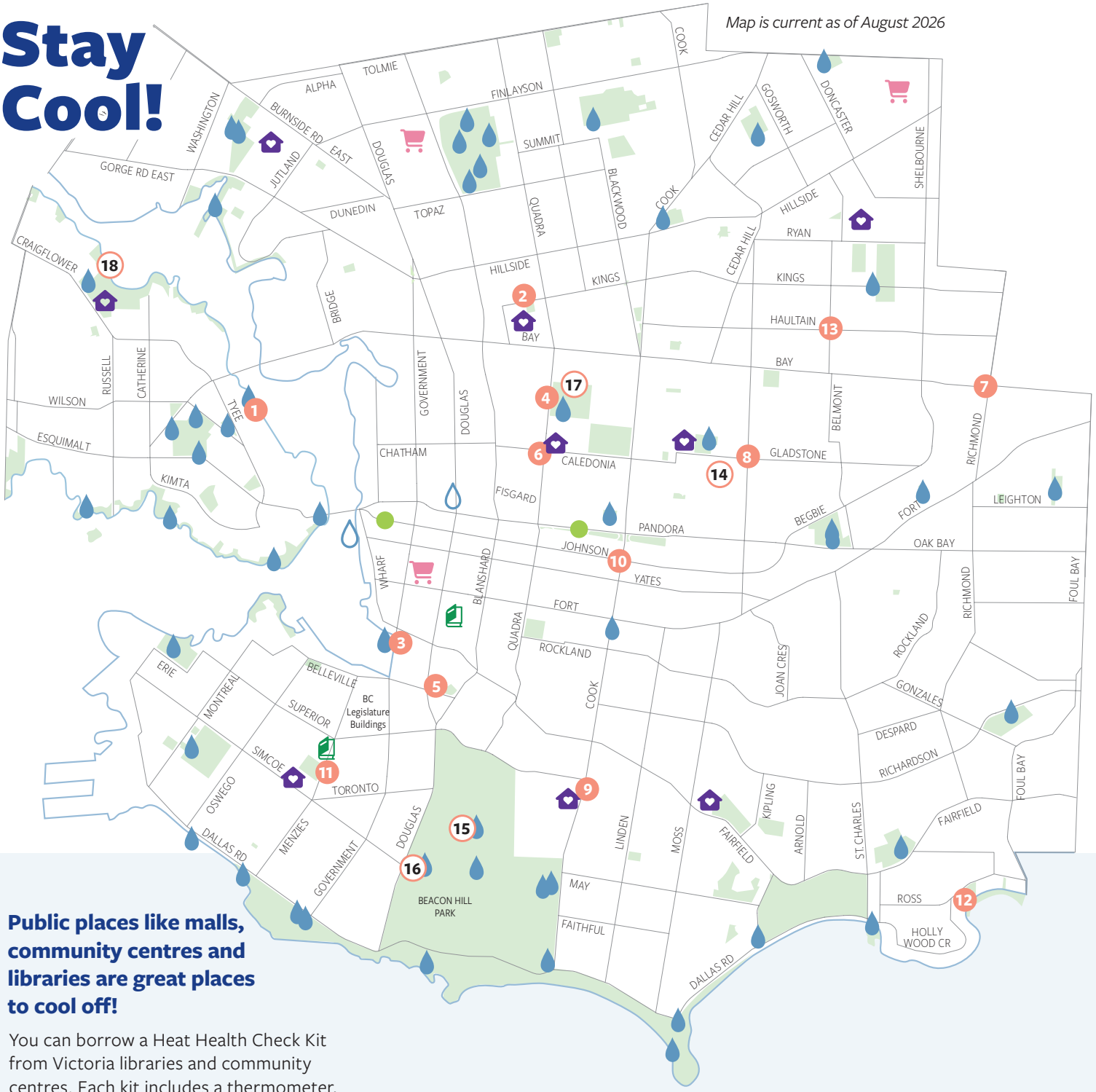
Places to Cool Down

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. **Never rely on fans as the only way to cool your body during extreme heat**.

See the reverse for a map of cooling resources.
For more tips on how to stay cool, visit **victoria.ca/ExtremeHeat.**

Stay Cool!

Map is current as of August 2026



Public places like malls, community centres and libraries are great places to cool off!

You can borrow a Heat Health Check Kit from Victoria libraries and community centres. Each kit includes a thermometer, spray bottle, electrolytes and more.

Legend

- Libraries
- Malls
- Community centres
- Misting stations
- Other community assets
- Water fountains (permanent)
- Water fountains (portable)
- Drop-in service providers

Misting Stations*

1. Harbour Road Neighbour Hub
2. Wark Street Park Neighbour Hub
3. Ship Point
4. Central Park, 2275 Quadra St
5. Crystal Garden, 715 Douglas St
6. Silver Threads, 1911 Quadra St
7. Corner of Bay St/Richmond Ave
8. Fernwood Square
9. Cook Street Village Activity Centre
10. Victoria Fire Department Headquarters, 1025 Johnson St
11. Irving Park
12. Gonzales Beach Park
13. Corner of Haultain St & Belmont Ave
14. Fernwood Neighbourhood House

**Misting stations and portable water fountains will be available for use throughout the summer.*

Other Community Assets

15. Beacon Hill Park Splash Pad, North playground via Bridge Way
16. Beacon Hill Park Watering Can, Circle Drive at Douglas St
17. Crystal Pool, 2275 Quadra St
18. Swimming dock at Banfield Park