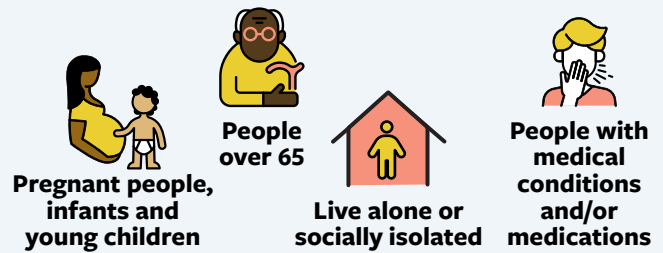


Extreme Heat

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

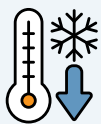


	Mild to Moderate Heat-Related Illness	Severe Heat-Related Illness
Symptoms	<ul style="list-style-type: none">Skin rashHeadacheHeavy sweatingMuscle cramps <ul style="list-style-type: none">Dark urine and increased urinationExtreme thirstRapid breathing and heartbeat	<ul style="list-style-type: none">ConfusionDizziness or faintingHigh body temperatureFlushed skin with no sweating
Intervention	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.

Prepare and Stay Informed



Subscribe to Vic-Alert to receive emergency notifications including extreme weather hazards, 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.

Provincial Heat Alert Response System



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 two days.

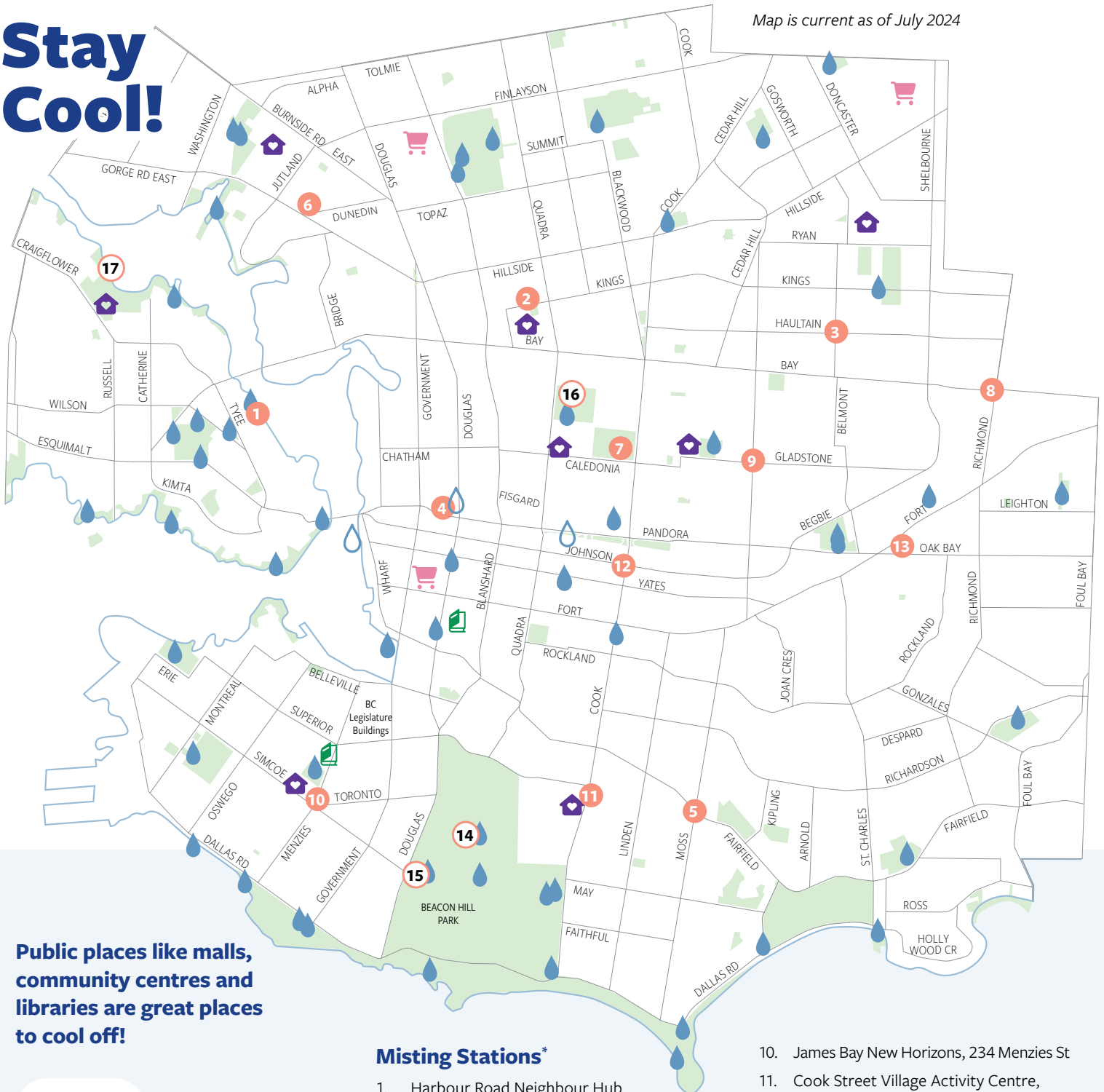


LEVEL 2: Extreme Heat Emergency

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








Stay Cool!

Map is current as of July 2024



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

Legend

-  Libraries
-  Malls
-  Community Centres
-  Misting stations
-  Other community assets
-  Water fountains (permanent)
-  Water fountains (portable)

Misting Stations*

1. Harbour Road Neighbour Hub
2. Wark Street Park Neighbour Hub
3. Corner of Belmont/Haultain St
4. Centennial Square
5. Corner of Fairfield Rd/Moss St
6. Corner of Gorge Rd E/Dunedin St
7. Corner of Cook St/Caledonia Ave
8. Corner of Bay St/Richmond Ave
9. Fernwood Square

10. James Bay New Horizons, 234 Menzies St
11. Cook Street Village Activity Centre, 380 Cook St
12. Victoria Fire Department Headquarters, 1025 Johnson St
13. Corner of Oak Bay Ave/Morrison St

Other Community Assets

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

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