

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.



Children under four



Older adults



Pregnant people



People with chronic medical conditions and some medications

Heat Exhaustion

Symptoms

- Skin rash
- Headache
- Heavy sweating
- Rapid breathing and heartbeat
- Dark urine and decreased urination
- Extreme thirst



Intervention

Decrease activity, move to a cool space and drink plenty of water. If experiencing mild to moderate symptoms (such as dizziness, nausea/vomiting, muscle cramps, weakness, etc.) contact Island Health's Community Virtual Care program at 1.888.533.2273. Learn more at islandhealth.ca.

Heat Stroke

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

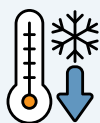


Call 911 or seek medical attention. Cool down by submerging in cool water or applying cool, damp clothes to the skin.

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.



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.

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 two days.

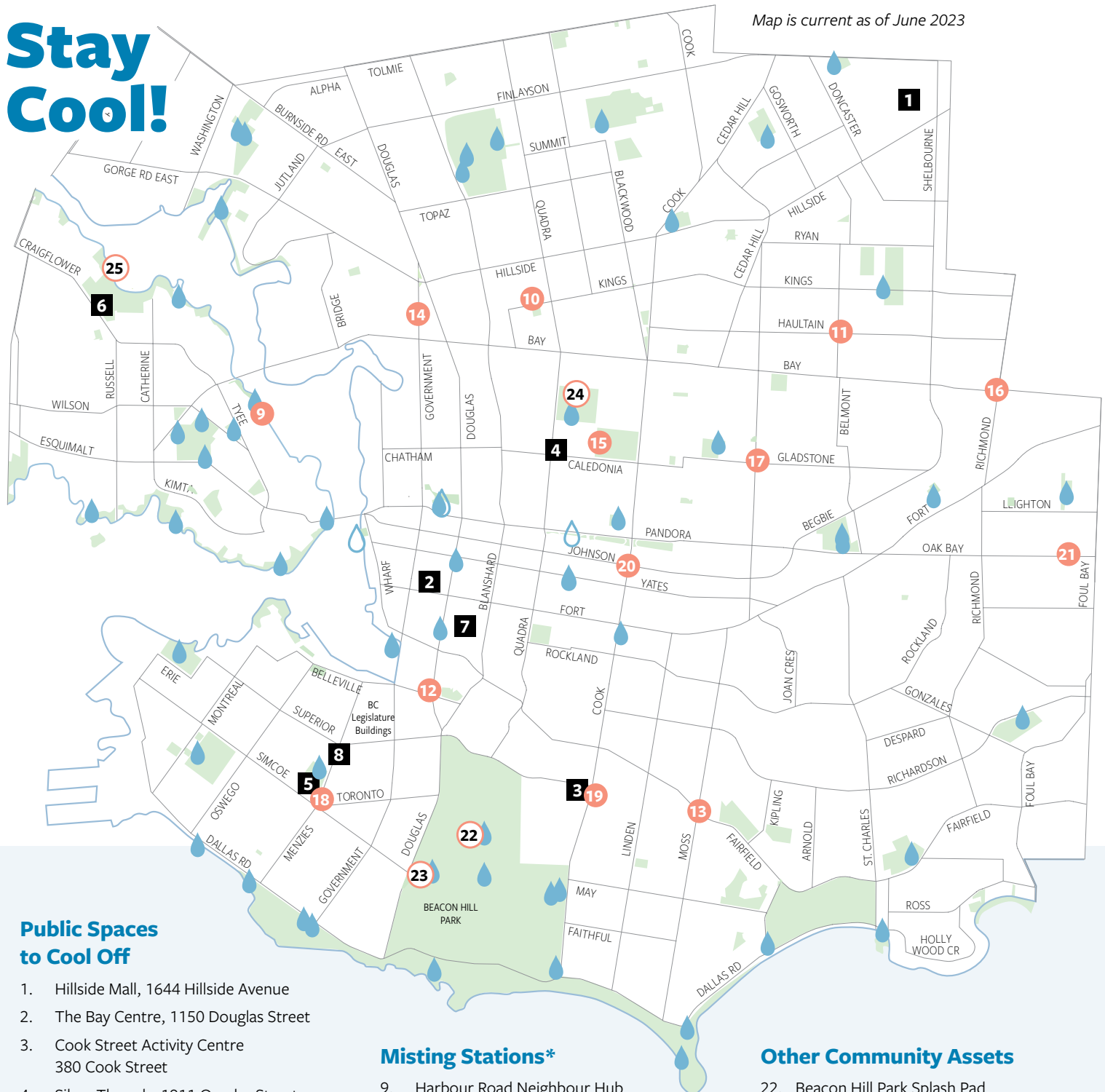


LEVEL 2: Extreme Heat Emergency

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 June 2023



Public Spaces to Cool Off

1. Hillside Mall, 1644 Hillside Avenue
2. The Bay Centre, 1150 Douglas Street
3. Cook Street Activity Centre
380 Cook Street
4. Silver Threads, 1911 Quadra Street
5. James Bay New Horizons
234 Menzies Street
6. Victoria West Community Centre
521 Craigflower Road
7. Greater Victoria Public Library
(Central Branch), 735 Broughton Street
8. Greater Victoria Public Library
(sxʷeɫɬxʷəŋ təŋəxʷ James Bay Branch)
385 Menzies Street

Misting Stations*

9. Harbour Road Neighbour Hub
10. Wark/Kings Park Neighbour Hub
11. Corner of Belmont Street/Haultain Street
12. 700 Block Douglas Street
13. Corner of Fairfield Road/Moss Street
14. Corner of John Street/Government Street
15. Green Street/Vancouver Street
16. Corner of Bay Street/Richmond Avenue
17. Fernwood Square
18. James Bay New Horizons, 234 Menzies Street
19. Cook Street Village Activity Centre
380 Cook Street
20. Victoria Fire Hall No.1, 1025 Johnson Street
21. 1900 Block Oak Bay Avenue

Other Community Assets

22. Beacon Hill Park Splash Pad
Beacon Hill Park via Bridge Way
23. Beacon Hill Park Watering Can
Circle Drive at Douglas Street
24. Crystal Pool, 2275 Quadra Street
25. Swimming dock at Banfield Park

LEGEND

- Public spaces to cool off
- Misting stations (permanent)
- Other community assets
- Water fountains (permanent)
- Water fountains (portable)

*Misting stations will be available for use throughout the summer.

City-run cooling centres will only be opened in the event of an Extreme Heat Emergency, if required.