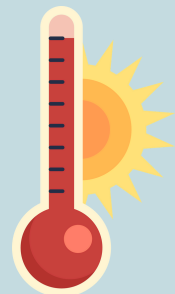


STAY SAFE WHEN IT'S HOT



- Know the symptoms of heat related illness
- Take simple measures to stay cooler
- Check on those at risk during prolonged hot weather

Mild to Moderate Heat Symptoms:



Heavy Sweating



Severe Headache



Muscle Cramps



Extreme Thirst



Dark Urine

Take Action:

- Go to a cooler environment
- Drink water
- Use water to cool your body

Severe Heat Illness



Flushed skin with no sweating



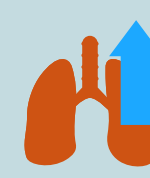
Confusion/ Dizziness/ Fainting



High Body Temperature



Rapid Heart Rate



Rapid Breathing



No urination

Take Action:

- This is a medical emergency-Call 911
- While waiting cool the person, move them to a cool place, give water if conscious, and try to cool their body with water.

How can I keep my body cool?



- Drink plenty of water, even if you are not thirsty
- Wear a damp shirt or mist yourself with a spray bottle
- Take a cool shower or sitting in a cool or tepid bath
- Use a damp sheet at night
- Put an ice tray in front of a fan

Who is most at risk?



Older people living alone



People living with chronic disease



People who use substances



People with mental health conditions (e.g., schizophrenia, depression, anxiety)



People who work in hot environments



Pregnant people



Infants and young people



People who are unhoused or marginally housed



People with limited mobility

How can I help those who are at risk?

- Check on your neighbors
- Spread the word on cooling location and shady areas to get relief
- Help out with basic supplies (bottled water, sunscreen, refillable water bottles, snacks, or a hat).

STAY COOL IN COWICHAN!

Adults in need of supportive services

- Cedar Branches Women's Shelter
- Cowichan Valley Basket Society
- Cowichan Wellness and Recovery Centre
- Warmland House & Outreach

Public Indoor Spaces

- Vancouver Island Regional Library (VIRL)
 - Ladysmith
 - Chemainus
 - Cowichan (Duncan)
 - South Cowichan (Mill Bay)
 - Cowichan Lake
- Cowichan Community Centre
- Cowichan Public Art Gallery (outdoor space only)
- Cowichan Lake Recreation Centre
- Cowichan Aquatic Centre
- Frank Jameson Community Centre
- Fuller Lake Arena
- Kerry Park Recreation Centre
- Shawnigan Lake Community Centre

Shady Parks

- Bamberton Beach
- Bright Angel Regional Park
- Centennial Park Playground & Splashpad
- Charles Hoey Park
- Crofton Beach Park
- Elliots Beach Park
- Fuller Lake Park
- Kinsmen Beach Park
- Kinsmen Duck Pond
- Masons Beach Park
- Maple Bay Municipal Wharf
- McAdam Park
- Osborne Bay Regional Park
- Rotary Park
- Sandy Pool Regional Park
- Transfer Beach Park & Splashpad
- West Shawnigan Lake Provincial Park

Drinking Water

- Water Fountain at City Hall
- Bottle Filling Station at Cowichan Community Center



**SCAN THIS CODE TO
FIND THESE
LOCATIONS.**



bit.ly/coolcowichan



**Additional locations may be added during a heat event. Check the map!*