

When to get help

Signs of Heat Stroke

- High Body Temperature
- Drowsy or Fainting
- Confused
- Less Coordinated
- Very Hot and Red Skin

Anyone with these signs: **Call 9-1-1**

- Submerge all or part of the body in cool water.
- Remove their clothes and cover them with wet towels.



Signs of Heat Exhaustion

- Skin Rash
- Heavy Sweating
- Feel Dizzy
- Feel Sick or Throw Up
- Rapid Breathing and Heartbeat
- Headache
- Trouble Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine and Urinate Less

Anyone with these signs:

- Move to a cool space.
- Give plenty of water.
- Cool the skin down with water.

Download your Extreme Heat Preparedness guide here



Sooke Cooling Resources



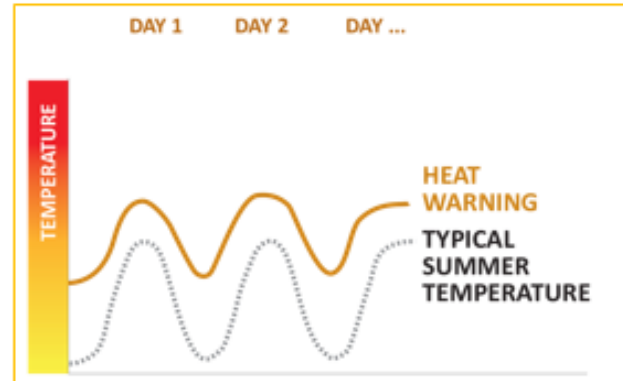
The best way to prevent a heat-related illness is to spend time in a **cool space**.



HEAT WARNING



Daytime and overnight Heat Warning criteria have been met for the region



Public Health Risk: MODERATE

Temperatures are **VERY HOT**



Keep cool and take it easy, especially during the hottest hours of the day



Drink plenty of water and other liquids to stay hydrated, even if you do not feel thirsty

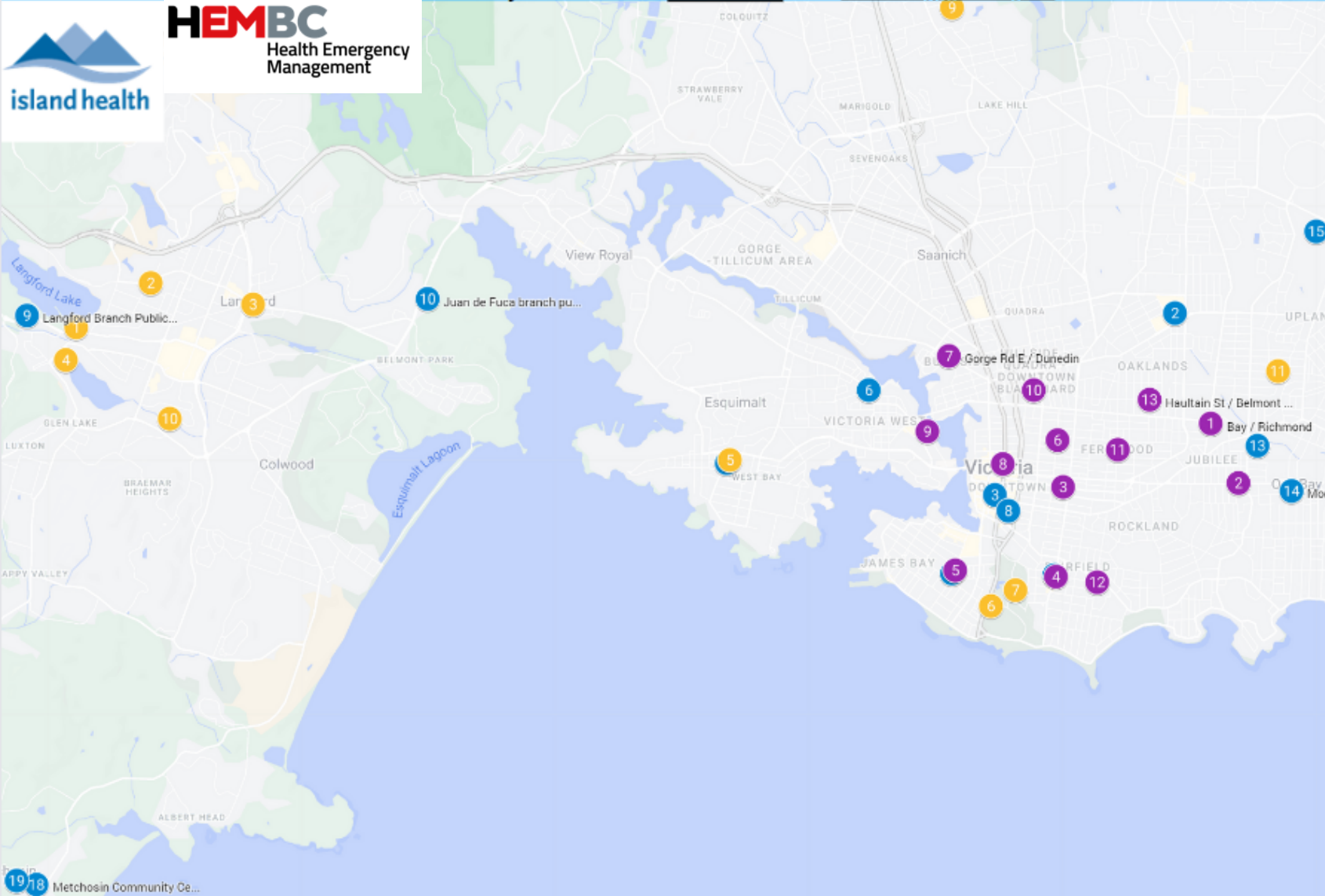
Public Spaces to Cool Off

- 1 Esquimalt Rec Center - 527 Fraser
- 2 Hillside Mall - 1644 Hillside Ave
- 3 Bay Center - 1150 Douglas St.
- 4 Cook St Activity Center - 380 Cook
- 5 New Horizons (55+) - 234 Menzies
- 6 Vic West Community Center - 521 Craigflower Rd
- 7 Sidney Library - 10091 Resthaven

Greater Victoria Cooling Resources

- 8 Victoria Library - 735 Broughton
- 9 Langford Library - 1314 Lakepoint Way
- 10 JDF Rec Center / Public Library
- 11 Panorama Rec Center - 1885 Forest Park Dr
- 12 Central Saanich Library - 1209 Clarke Rd
- 13 Oak Bay Rec Center - 1975 Bee St
- 14 Monterey Rec Center (55+) - 1442 Monterey
- 15 Henderson Rec Center - 2291 Cedar Hill X Rd
- 16 Sooke Public Library - 6671 Wadams Way
- 17 Seaparc Rec Center - 2168 Phillips Rd.
- 18 Metchosin Community Center - 4495 Happy Valley Rd
- 19 Metchosin Community House - 4430 Happy Valley Rd

- 20 Cedar Hill Rec Center
3220 Cedar Hill Rd
- 21 Saanich Library/Pearkes - 3100/3110 Tillicum Rd
- 22 Gordon Head Rec Center - 4100 Lambrick Way
- 23 Bruce Hutchison Library
4636 Elk Lake Drive



Misting Stations

1. Bay / Richmond
2. 1900blk Oak Bay Ave
3. Victoria Fire Hall #1
4. 380 Cook St.
5. 234 Menzies St
6. Vancouver St / Green St.
7. Gorge Rd E / Dunedin Ave
8. Centennial Square
9. Harbour Rd Neighbourhood
10. Wark / Kings Park
11. Fernwood Square
12. Fairfield Rd / Moss St.
13. Haultain St / Belmont St

Community Water resources

1. Leigh Place Splash Pad
2. Centennial Park Langford Spray Park
3. Veterans Memorial Park
4. Glen Lake Spray Park
5. Esquimalt Spray Park
6. Beacon Hill Park Watering Can
7. Beacon Hill Splash Pad
8. Iroquis Park Sidney
9. Beckwith Park Splash Pad
10. Colwood Creek Splash Pad
11. Carnarvon Park