

## Suffering from health symptoms because of the heat?

Do you have mild to moderate symptoms related to extreme heat and a diagnosis of:

- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart failure
- Hypertension
- or you are immunocompromised

Find out how the Community Virtual Care program can help you.



The **Community Virtual Care** program is suitable for clients who are immunocompromised or diagnosed with a disease such as Chronic Kidney Disease (CKD), Chronic Obstructive Pulmonary Disease (COPD), diabetes, heart failure or hypertension.

The program is supported by registered nurses, who are available 08:00 - 20:00, 7 days a week. The nurses will call you on the phone at least twice a day to monitor your symptoms and connect you with other services.

To register, call Community Health Services at:

- South Island (250) 388-2273 or toll-free 1 (888) 533-2273
- Central Island (250) 739-5749 or toll-free 1 (877) 734-4101
- North Island (250) 331-8570 or toll-free 1 (866) 928-4988



## Get Help Immediately if: 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.

## Sooke Cooling Resources



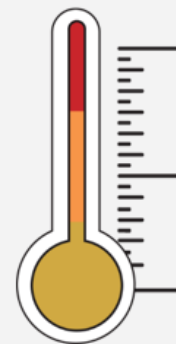
The best way to prevent a heat-related illness is to spend time in a **cool space**.

## Peninsula Cooling Resources



# HEAT WARNING

Know the indoor temperature guide and keep a thermometer beside you so you know when your home is getting too hot.



**OVER 31°C** should be avoided for susceptible populations

**FROM 26°C to 31°C** may pose a risk to the most susceptible people

**26°C or LESS** is generally safe

Scan for the BC Hydro Free Air Conditioner program\*



\*Based on income threshold



Scan for a full list of Island Health Resources

## Public Spaces to Cool Off

# Greater Victoria Cooling Resources

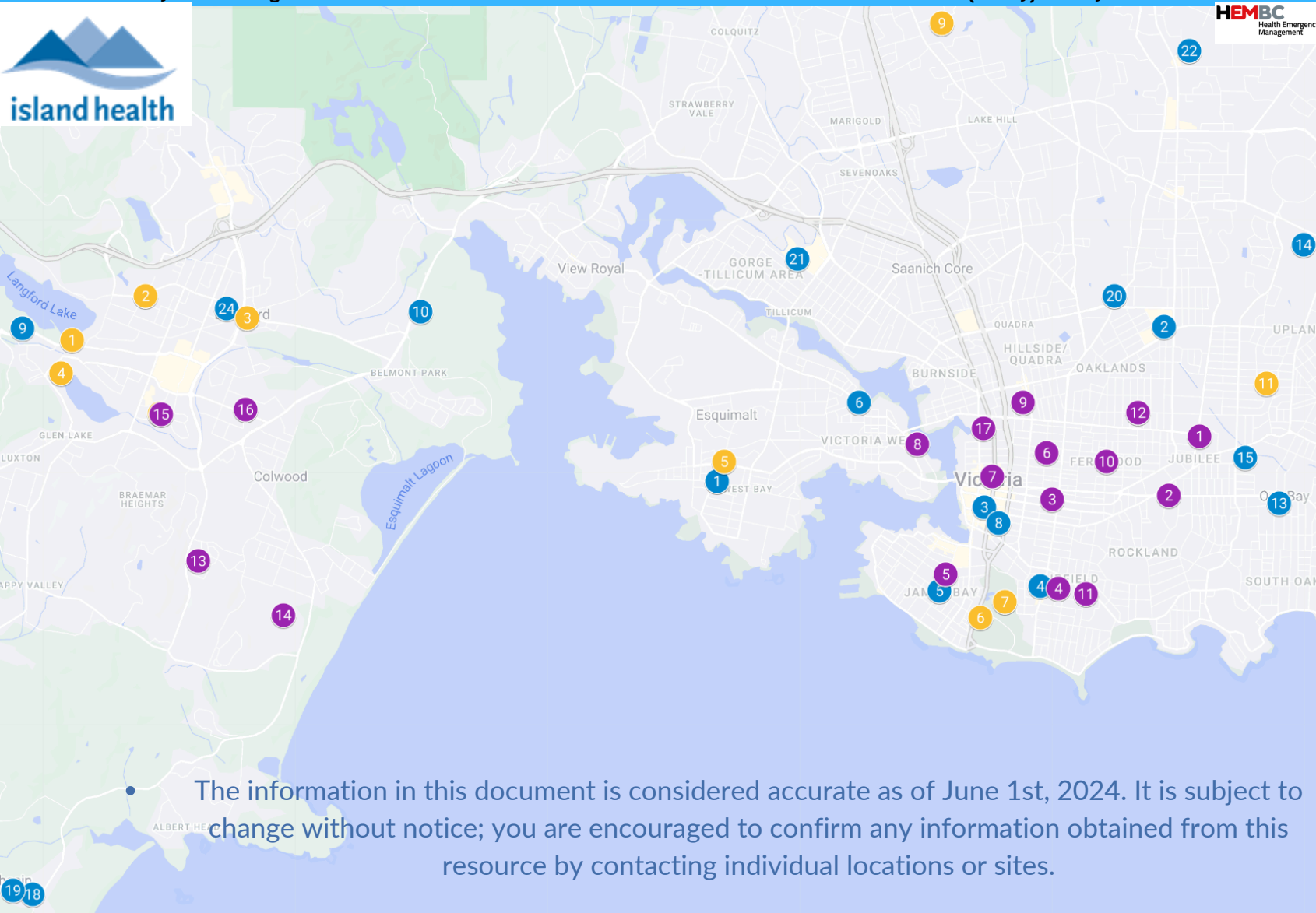


Scan to see BC's Emergency Map & Other Heat Resources

1. Esquimalt Rec Center - 527 Fraser St
2. Hillside Mall - 1644 Hillside Ave
- 3 Bay Center - 1150 Douglas St.
4. Cook St Activity Center - 380 Cook St
5. New Horizons (55+) - 234 Menzies St
6. Vic West Community Center - 521 Craigflower
- 7 Sidney Library - 10091 Resthaven
- 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 Centre - 4495 Happy Valley
19. Metchosin Community House - 4430 Happy Valley
20. Cedar Hill Rec Centre - 3220 Cedar Hill Rd
21. Saanich Library/Pearkes - 3100/3110 Tillicum
22. Gordon Head Rec Centre - 4100 Lambrick Way
23. Bruce Hutchison Library 4636 Elk Lake Drive
24. Lanford (Goudy) Library - 119-755 Goldstream



## Misting Stations

1. Bay / Richmond
2. Oak Bay Ave/Morrison St
3. Victoria Fire Hall #1
4. 380 Cook St.
5. 234 Menzies St
6. Vancouver St / Green St.
7. 625 Queens 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
- 14 Ocean View Park
- 15 Meadow Green Park
- 16 Colwood Creek Park
- 17 Herm Williams Park

## Free 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 Water Can
7. Beacon Hill Splash Pad
8. Iroquis Park Sidney
9. Beckwith Park Splash Pad
10. Colwood Creek Splash Pad
11. Carnarvon Park

The information in this document is considered accurate as of June 1st, 2024. It is subject to change without notice; you are encouraged to confirm any information obtained from this resource by contacting individual locations or sites.