COOLING CENTERS

The following facilities are available for extreme hot weather relief with air conditioning, drinking water and restrooms.

Abbotsford Recreation Centre 604-853-4221

2499 McMillian Road Monday-Sunday 5:30am - 12:00am

Libraries Abbotsford Community Library 604-853-1753

33355 Bevan Avenue Monday-Thursday 10am - 9pm Friday/Saturday 10am - 5pm Sunday 1pm – 5pm

Drop-ins Salvation Army 604-852-9305

34081 Gladys Avenue Monday-Sunday 8am - 2pm During extreme heat alerts, drop in will extend from 2pm - 4pm

Warm Zone (Sara for Women) 604-746-3301 33264 Old Yale Road Monday 9am - 5:30pm Tuesday-Friday 9am - 4pm Closed Saturdays, Sundays and Statutory holidays

Matsqui Recreation Centre 604-855-0500

3106 Clearbrook Road Monday-Saturday 6am - 10pm Sunday 9:30am – 8:30pm

Clearbrook Library 604-859-7814

32320 George Ferguson Way Monday-Thursday 10am - 9pm Friday-Sunday 10am - 5pm

PARC (PLFV) 604-854-1101

32883 South Fraser Way Monday 12pm - 4pm Tuessday-Friday 10am - 7pm Saturday-Sunday 12pm - 7pm Statutory Holidays 12pm - 4pm

Resource Centre

Cyrus Centre 18yrs and under 604-859-5773
2616 Ware Street
Monday-Sunday 12pm - 8pm



COOLING CENTERS

Open Air During extreme heat only

Christmas Tree Park, Downtown Abbotsford near 5 corners Monday-Sunday 1pm - 4:30pm

These locations have drinking water available at drinking fountains and/or public restrooms.

- Bateman Park
- Delair Park
- Elwood Park
- Gardner Park
- Grant Park
- Hazelwood Cemetery
- Hougen Park
- Jubilee Park
- Matsqui Village Park
- MacDonald Park
- McMillian Park

- Mill Lake Park, Bevan
- Mill Lake Park, Fisherman
- Mill Lake Park, Main
- Mill Lake Park, water at shelters 1&3
- Mill Lake Park, Splash Park
- Ridgeview Park
- Spud Murphy Park
- Townline Hill Ball Diamonds
- Upper Sumas School (weekend only)
- Essendene and West Railway Water Kiosk daily 1pm – 4pm

Check on Others

- People living alone are at high risk of severe heat related illness. Check in regularly with anyone who lives alone, particularly older people, those with mental illness, for signs of heat related illness.
- If you find someone un-well, move them to a cool shady spot, help them get hydrated and call 911 if required.



HEAT EXHAUSTION



Muscle

cramps







Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination



Nausea or vomiting

Dizziness or fainting



Heavy sweating





If you experience any of these symptoms during extreme heat, immediately **move to a cool place** and **drink liquids**; water is best.



HEAT STROKE

High body temperature

Confusion

and lack of

coordination



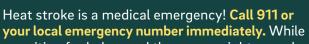








No sweating, but very hot, red skin



- waiting for help—cool the person right away by:
 moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.





FACT 1 OLDER ADULTS

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2 INFANTS AND YOUNG CHILDREN

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.







FACT 4

PEOPLE WHO WORK OR ARE ACTIVE OUTDOORS People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.

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PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- · If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT

P3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

DRINK LIQUIDS; WATER IS BEST.







Wear loose-fitting, light-coloured clothing made of breathable fabric.





Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.

