Village Update

SPECIAL EDITION

August 18, 2022

From Lions Bay Emergency Support Services

Working to ensure Lions Bay residents are Informed, Engaged and Prepared.

In response to the heat warning that has been issued by Vancouver Coastal Health, the Lions Bay Emergency Support Services is issuing the following heat related guidance:

STAY COOL THIS SUMMER

Tips for staying safe from the dangers of sizzling summer heat:



Stay hydrated

Harvard Health suggests "A healthy person needs 30 to 50 ounces of water per day. Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body."[1]



Wear breathable clothes

Materials like cotton are lighter and more breathable than other fabrics commonly used for clothing. Opt for these to allow more airflow through your clothes.



Bring a hat

Hats with wide brims can provide protection to your face, neck, and shoulders! Try to find one to better protect your skin and ease the heat on these areas.



Use an umbrella

Many people use umbrellas as a means to block the sun. This tool is very helpful because it can provide shade anywhere, lowering the temperature by blocking direct sunlight from your body.



Use sunblock to protect skin

The center for disease control says the sun emits harmful ultraviolet light which can damage your skin in as little as fifteen minutes. Be sure to reapply sunscreen after two hours of being outside or after swimming/drying off with

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