



Village Update

SPECIAL EDITION

August 11, 2021



!EXTREME FIRE DANGER!

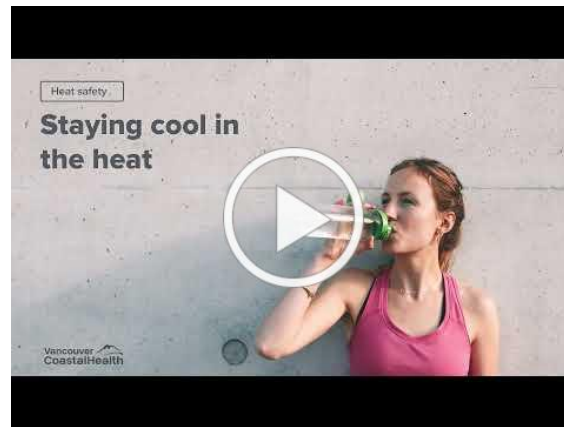
By order of the Fire Chief, pursuant to section 40 of Fire Bylaw No. 428, 2011:

A total ban on burning has been imposed within the Village of Lions Bay, including on the use of outdoor combustion devices. Specifically:

- In all *parks and public spaces*, including beaches and trails: NO smoking and NO fires OR barbeques of ANY kind, including charcoal, butane or propane
- On *private property*, NO wood fires or charcoal/briquettes/butane barbeques (propane only)

SAY NO TO FIRES!

A message from Vancouver Coastal Health:



*Watch the video above for tips on beating the heat
and visit vch.ca for more info!*

EXTREME HEAT

Older adults, infants, young children, people with chronic conditions, and those on certain medications are especially sensitive to the health effects of heat and should take extra care.



HEAT EXHAUSTION SYMPTOMS

- Skin Rash
- Heavy Sweating
- Dizziness or Fainting
- Nausea or Vomiting
- Rapid Breathing & Heartbeat
- Headache
- Difficulty Concentrating
- Muscle Cramps
- Extreme Thirst
- Dark Urine & Decreased Urination

Anyone with these symptoms should be moved to a cool space and given plenty of water.

HEAT STROKE SYMPTOMS

- High Body Temperature
- Dizziness or Fainting
- Confusion
- Lack of Coordination
- Very Hot and Red Skin

CALL 911 - Heat stroke is a medical emergency and requires immediate attention.



Spending time in a **COOL SPACE** and drinking plenty of **WATER** is the best way to prevent heat-related illnesses.



COOL OFF

- Go to a cool space (e.g. community center, library, café, home of a friend or family, sites with air conditioning).
- Use water to help cool off by using a mister, sitting in wet clothes, or sitting in or putting legs in a cool (tepid, not cold) bath.

KEEP THE SPACE COOL

- Keep living and working spaces cool using blinds or outdoor shading to block the sun, and open windows at night to let cooler air in. Close windows in the day when the temperature outdoors is higher than inside.

HYDRATE

- Drink plenty of water, and offer it to those in your care.

CHECK-IN

- Pay attention to how you feel, and watch for symptoms of heat illness in those around you. Check-in on others who are at increased risk multiple times a day.

DRESS FOR THE HEAT

- Wear loose-fitting, light-colored, breathable clothing.

STAY INFORMED & PLAN AHEAD

- Check the weather forecast regularly and reschedule outdoor activities to cooler times of the day. Take it easy during the heat. Check the latest heat alert information & weather forecast.



For more information on the symptoms of heat-related illness, how to prepare for the heat season and stay healthy in the heat: www.vch.ca/heat

APRIL
2021

During the summer months both heat and wildfire smoke can be a health concern. Find out more about wildfire smoke: www.vch.ca/wildfiresmoke



The views expressed herein do not necessarily represent the views of Health Canada.