



Village Update

SPECIAL EDITION

Cool Off on a Hot Summer Night

July 26, 2022

A special event to help residents stay cool on a hot summer night has been organized! On Wednesday, July 27, 2022 join your neighbours and the Lions Bay Fire Department in a community cool down at Lions Bay Beach.

Beat the heat with your local Fire Departments!

HOT
SUMMER
NIGHTS

Fire Truck will arrive at
5:30 pm.

- Meet your local firefighters & get tips on fire safety
- Check out the fire truck & equipment
- Don't forget your bathing suit!
- Games & giveaways

*COOL OFF
THIS HEAT WAVE!!*



Celebrate summer with BOOKS, smoothies,
shave ice and more at **LIONS BAY BEACH**
10-6pm on JULY 27th!!

Tips to Beat The Heat

Cool Your Body

- Wet clothing to help bring down body temperature
- Use water-soaked cloths or cooling packs on neck/wrists
- Sit in or put legs in cool (not cold) bath

Hydrate

- Drink water/cool liquids
- Eat fresh fruit & salads
- Drink before you feel thirsty. Thirst is not the only indicator of dehydration

Reduce Indoor Heat

- Daytime: cool living and working areas by closing windows, and use window coverings, air conditioners and misters
- Nighttime: keep windows open, with a fan near window to bring in cool air

Protect Your Pets

- Provide shade & cool drinking water & baths
- Never leave pets unattended in cars or direct sunlight
- Plan outdoor activities during cooler parts of day. Asphalt might be too hot for bare paws

Avoid Sun Exposure

- Wear wide-brimmed, breathable hat or use umbrella
- Avoid / limit strenuous activities during hottest part of the day
- Find shade if you need to be outside
- Use sunscreen

Ask Your Doctor

- If taking medications, ask your doctor, nurse, or pharmacist if you need to be extra careful
- Some medical conditions may increase vulnerability during hot weather

Check on Others

- Visit or call family & neighbours when you can

Avoid/Limit Alcohol & Caffeine

- These can lead to dehydration

Extreme heat can be dangerous.

www.healthlinkbc.ca/more/health-features/beat-heat
www.bchousing.org/projects-partners/extreme-heat



Village of Lions Bay | lionsbay.ca

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