

# Cooling centre hours extended (posted July, 2022)

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Categories: [Library news](#)

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City Library is extending opening hours to accommodate a cool space for people to gather during [the Environment Canada Heat Warning](#). A heat warning is in effect for North Vancouver through Sunday, July 31.

**Friday, July 29**

Library open 9 a.m. – 9 p.m.

## **Saturday, July 30**

Library open 9 a.m. – 9 p.m.

## **Sunday, July 31**

NEW: Library open 1 – 5 p.m.

## **Monday, Aug. 1**

LIBRARY CLOSED

# **Keep yourself safe during extreme heat events**

Follow these tips from [North Shore Emergency Management \(NSEM\)](#) to help prepare for and endure extreme heat events:

## **Keep cool and hydrated**

- Drink plenty of cool fluids, especially water (avoid sugary, caffeinated, or alcoholic drinks)
- Take cool baths or showers to bring your body temperature down
- Wet your clothing during the day, or sheets at night
- If you don't have air conditioning, go to a local library, community centre, or mall
- Check twice a day on friends and family members who are elderly or have special needs

## **At home**

- Monitor indoor temperatures: heat risks increase at 26°, and significantly increase at 31°; consider staying with family or friends if you are in an 'at risk' group and live in a building where inside temperatures might be above 31°
- Cover windows that receive morning or afternoon sun with drapes, shades, or awnings
- Sleep in your home's coolest location (usually the lowest part)
- Wear loose natural fibre clothing that breathes well
- Limit stove or oven use

## **Away from home**

- Spend time in shaded and breezy outdoor spaces
- Stay in climate-controlled buildings as long as possible
- Wear a wide-brimmed hat, sunglasses, and sunscreen (SPF 15 or higher)
- Wear light weight, loose fitting, light-coloured clothing
- Reduce, eliminate, or reschedule strenuous activities to the coolest time of the day
- If working outside, monitor co-workers and have them do the same for you

### **Stay connected**

- Live alone? Find an extreme heat buddy; check in on each other a few times a day
- Do you have vulnerable family members in a higher risk group? Check in, ideally in person
- Be a good neighbour; check in on friends / neighbours
- Got air conditioning? Share it!

### **Caring for pets**

- Never leave pets in parked cars during hot temperatures
- Bring pets inside during the hottest time of the day
- Provide plenty of fresh water and shade for outdoor pets

## **Get help & information**

If you require emergency services, **call 9-1-1** for police, fire and ambulance assistance.

The links below also provide specific information on dealing with heat.

### **Health links**

- [Vancouver Coastal Health - Extreme Heat](#)
- [North Shore Emergency Management - Extreme Heat](#)
- [Metro Vancouver Tap Map App](#)
- [HealthLinkBC - Beat the Heat](#)
- [Air Quality Health Index](#)

## Safety & preparedness Links

- [Lawn Watering Regulations website page](#)
- [Environment Canada Weather Office](#)
- [Weather Alerts for BC](#)
- [Wildfire Service](#)

## Community links

- [Tsleil-Waututh Nation](#)
- [Squamish Nation](#)
- [RCMP - North Vancouver](#)
- [District of West Vancouver](#)
- [District of North Vancouver](#)