

Multiple Cooling Space Options for Residents Seeking Relief During Higher Temperatures

Environment Canada has issued a heat warning from now until the end of the weekend in the Regional District of Nanaimo (RDN). Residents are advised to be prepared to activate their personal heat plans and to stay safe and cool indoors during extreme heat by taking the following steps:


- Drink plenty of water and other liquids to stay hydrated.
- Take it easy, especially during the hottest hours of the day (generally 2 p.m. to 6 p.m.).
- Seek cooler indoor and outdoor spaces.
- Check in on neighbours, friends, family members and at-risk individuals.
- If you have air conditioning, be sure to turn it on.
- Take a cool shower or put part of your body in a cool bath.
- Wear a wet shirt or apply damp towels to your skin to cool down.
- If you do not have air conditioning, keep your home cooler by shading the windows from the outside using awnings or shutters or from the inside using curtains or blinds.
- Close windows and pull indoor/outdoor shades/blinds by 10 a.m. to trap the cooler air inside and block the sun.
- Open windows and doors at around 8 p.m. to let the cooler, overnight air into the house.
- Use multiple fans to help move cooler air into the home overnight.
- It is important to know that:
 - Overheating can lead to heat exhaustion and heat stroke. Visit the RDN's [extreme weather webpage](#) for the signs of heat exhaustion and heat stroke and what to do if you or someone you know is experiencing symptoms.
 - Fans alone cannot effectively lower core body temperature, especially for older adults.

For those who need relief from the heat, there are several locations in the RDN with cooling spaces that are regularly open to the public including libraries, shopping centres and recreational facilities. Please refer to the accompanying list of locations.

For more information and resources, please visit rdn.bc.ca/extreme-weather. For tips on heat safety as well as symptoms and treatment for heat-related illness, visit islandhealth.ca. During extreme weather emergencies, the RDN will issue an emergency alert. To receive these free alerts directly via phone, email, text or app, sign up at rdn.bc.ca/voyent-alert.

For more information, please contact:

Emergency Services
Regional District of Nanaimo

 250-390-6565

 emergencyservices@rdn.bc.ca

Get Involved RDN!

Extreme Heat Cooling Spaces and Bottled Water in the Regional District of Nanaimo

COOLING SPACES ON GABRIOLA ISLAND

Gabriola Museum - 505 South Road, Gabriola Island

- Visit gabriolamuseum.org for information and hours.

Gabriola Public Library - #5 – 575 North Road, Gabriola Island

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

Gabriola Senior's Centre (Gabriola Rollo) - 685 North Road, Gabriola Island

- Open during regularly scheduled events. See events calendar for details: gabriolaseniorscentre.com/activities
- Non-member Drop-in \$5, Member Drop-in \$2

COOLING SPACES AROUND NANAIMO

City of Nanaimo

- Visit the City's website at nanaimo.ca for updates.

Snuneymuxw First Nation

- Visit facebook.com/SnuneymuxwFirstNation for details.

Nanaimo Harbour Front Public Library – 90 Commercial St, Nanaimo

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

Nanaimo North Public Library – 6250 Hammond Bay Road, Nanaimo

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

Nanaimo Wellington Public Library – 3200, N Island Highway

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

Cineplex - Galaxy Movie Theatre – 4750 Rutherford Road, Nanaimo

- Open during regular showing hours, for movie times go to:
- cineplex.com/Theatre/galaxy-cinemas-nanaimo?utm_medium=gmb&utm_source=google

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Landmark Cinemas - 6631 N Island Hwy, Nanaimo

- Open during regular showing hours, for movie times go to:
- landmarkcinemas.com/showtimes/nanaimo

Woodgrove Centre Mall - 6631 Island Hwy, Nanaimo

- Visit woodgrovecentre.com for shopping centre details and hours.

Nanaimo North Town Centre Mall – 4750 Rutherford Rd., Nanaimo

- Visit nanaimonorth.com for shopping centre details and hours.

Country Club Centre Mall – 3200 North Island Hwy, Nanaimo

- Visit .countryclubcentre.com for shopping centre details and hours.

COOLING SPACES IN OCEANSIDE

City of Parksville

- Visit the City of Parksville’s website parksville.ca
- Visit Emergency Management Oceanside’s website emergencyoceanside.ca

Town of Qualicum Beach

- Visit the Town of Qualicum Beach’s website qualicumbeach.com
- Visit Emergency Management Oceanside’s website <https://www.emergencyoceanside.ca/>

Qualicum Beach Civic Centre – Lions Room, 747 Jones Street, Qualicum Beach

- Visit the Town of Qualicum Beach’s website qualicumbeach.com/civic-centre

Oceanside Place – 830 Island Hwy, Parksville

- The Regional District of Nanaimo’s Oceanside Place is open to the public during regular business hours for recreation facility hours please visit rdn.bc.ca/recreation-facilities

Ravensong Aquatic Centre - 737 Jones St, Qualicum Beach

- For location information go to: rdn.bc.ca/rac-location
- For hours of operation go to: rdn.bc.ca/recreation-facilities

Qualicum Beach Public Library – 101- 660 Primrose St, Qualicum Beach

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

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Parksville Public Library – 100 Jensen Avenue East, Parksville

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

Bowser Public Library – 6996 W Island Highway, Bowser

- Visit virl.bc.ca/my-library/find-a-branch/list-view for branch information and hours.

BOTTLED WATER AND POTABLE WATER LOCATIONS

The Mount Arrowsmith Salvation Army – 187 Alberni Hwy, Parksville and 886 Wembley Road, Parksville

- Has bottled water at the soup kitchen and at the food bank.

Oceanside Place - 830 Island Hwy, Parksville

- Has water refill stations available for anyone with their own bottle.

RDN Transit

- RDN Transit Road Support Agents have bottled water in their operation vehicles and will offer water to anyone in need in the transit system.

Descanso Bay Campground - 595 Taylor Bay Rd, Gabriola Island

- **During a Level 2 Heat Emergency:** potable water taps outside of the office will be made available for anyone in need with their own bottle.

Dunsmuir Community Park - 326 Horne Lake Rd, Qualicum Beach

- Potable water taps outside are available for anyone in need with their own bottle .

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