



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
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FOR IMMEDIATE RELEASE

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### **Be prepared and stay safe during high heat**

The City of Vernon is offering some safety reminders and tips to help residents and visitors stay safe during high heat times.

As of 12:25 p.m. today, Environment Canada issued a Heat Warning for the North Okanagan, [including Vernon](#). Over the next few days, Environment Canada is forecasting daytime highs to range between 35 to 40 degrees Celsius with overnight lows in the high-teens.

Individuals who may be most impacted by the heat include seniors, children, those with underlying medical conditions, and those who do not have access to alternative air-conditioned shelter.

[Interior Health](#) and the [BCCDC](#) recommend watching yourself and others for signs of heat-related illness and to take specific steps to stay cool and hydrated, including:

#### **Tips to beat the heat**

- Drink water regularly, before you start to feel thirsty
- Seek shade or cool indoor locations, avoid direct mid-day sun
- Wear loose protective clothing and a hat, sunscreen and UV-protective eyewear
- Plan your outdoor activity before 11 a.m. or after 4 p.m., to avoid the most intense sun, and take it slow with plenty of rest breaks
- Never leave people or pets alone in a parked car. Temperatures can rise rapidly and become much hotter than the outside temperature.
- Cover windows during the day and open them in the evening if you can get a breeze through your home
- Use air conditioning (if available) to take the edge off the heat, but be careful not to over-cool your space
- If you don't have air conditioning, seek shelter in the coolest room of your home and use a fan
- Regularly check on relatives, friends and neighbours to see how they're doing; particularly older adults, infants and children, those doing a lot of physical activity or working outside, and those with underlying health conditions

## **Where to go to beat the heat**

Members of the public are welcome to visit Kal Tire Place during its normal hours and walk the concourse or rest for a while in one of the seats to escape the heat. For a complete daily walking schedule, please visit [www.gvrec.ca](http://www.gvrec.ca).

Additional public indoor spaces to stay cool, include:

- Greater Vernon Recreation and Aquatic Centre: [www.gvrec.ca](http://www.gvrec.ca)
- Okanagan Regional Library: [www.orl.bc.ca](http://www.orl.bc.ca)
- Village Green Shopping Centre: [www.villagegreencentre.com](http://www.villagegreencentre.com)
- Schubert Centre: [www.schubertcentre.com](http://www.schubertcentre.com)

## **Public access to drinking water and washrooms**

Throughout the City of Vernon there are several locations where you can find public access to drinking water. For more information and details about where to find [public access to drinking water](#), information on City of Vernon locations to stay cool, and [heat safety tips](#), please visit [www.vernon.ca/news](http://www.vernon.ca/news).

## **Be fire safe**

With increased temperatures, the threat of wildfire can change quickly. If you see a wildfire, call the BC Wildfire Service at **1 800 663-5555** toll-free or **\*5555 on a cellphone**. If you see smoke or fire within Vernon, call 911 immediately.