Cooling centre hours extended

Published: July 28, 2022

Categories: Library news

LAST UPDATED: Friday, July 29, 15:12

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.

Page 1 - https://www.nvcl.ca/news/cooling-centre-hours-extended | Accessed: April 2, 2025 - 12:29 AM

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