

## Multiple Cooling Space Options for Residents Seeking Relief During Higher Temperatures

Environment Canada has advised that heat warnings may be possible in the Regional District of Nanaimo (RDN) as temperatures rise. 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 page](#) 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](http://rdn.bc.ca/extreme-weather). For tips on heat safety as well as symptoms and treatment for heat-related illness, visit [islandhealth.ca](http://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](http://rdn.bc.ca/voyent-alert).

### For more information, please contact:

Emergency Services  
Regional District of Nanaimo

 250-390-6565

 [emergencyservices@rdn.bc.ca](mailto:emergencyservices@rdn.bc.ca)

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## Extreme Heat Cooling Spaces in the Regional District of Nanaimo

### COOLING SPACES ON GABRIOLA ISLAND

#### Gabriola Museum - 505 South Road, Gabriola Island

- Visit [gabriolamuseum.org](http://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](http://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](http://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](http://nanaimo.ca) for updates

#### Snuneymuxw First Nation

- Visit [facebook.com/SnuneymuxwFirstNation](https://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](http://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](http://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](http://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](http://cineplex.com/Theatre/galaxy-cinemas-nanaimo)

#### Landmark Cinemas - 6631 N Island Hwy, Nanaimo

- Open during regular showing hours, for movie times go to [landmarkcinemas.com/showtimes/nanaimo](http://landmarkcinemas.com/showtimes/nanaimo)

#### Woodgrove Centre Mall - 6631 Island Hwy, Nanaimo

- Visit [woodgrovecentre.com](http://woodgrovecentre.com) for shopping centre details and hours

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

- Visit [nanaimonorth.com](http://nanaimonorth.com) for shopping centre details and hours

#### Country Club Centre Mall – 3200 North Island Hwy, Nanaimo

- Visit [countryclubcentre.com](http://countryclubcentre.com) for shopping centre details and hours

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## COOLING SPACES IN OCEANSIDE

### **Town of Qualicum Beach**

- Visit the Town of Qualicum Beach's website [qualicumbeach.com](http://qualicumbeach.com) for updates

### **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](http://rdn.bc.ca/recreation-facilities)

### **Ravensong Aquatic Centre - 737 Jones St, Qualicum Beach**

- For location information go to: [rdn.bc.ca/rac-location](http://rdn.bc.ca/rac-location)
- For hours of operation go to: [rdn.bc.ca/recreation-facilities](http://rdn.bc.ca/recreation-facilities)

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

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

### **Parksville Public Library – 100 Jensen Avenue East, Parksville**

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

### **Bowser Public Library – 6996 W Island Highway, Bowser**

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

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