

STAY COOL IN CAMPBELL RIVER

- Kwesa Place –1342 Shoppers Row – drop-in centre, showers, laundry, clothing, and refreshments available – 10 a.m. to 4 p.m. Monday to Friday
- Hama?Elas Kitchen –1342 Shoppers Row – serves dinner nightly at 5 to 5:30 p.m. 7 days a week
- Women’s Centre at Rose Harbour – 1116 Dogwood St - drop-in centre, showers and refreshments available 10 a.m. to 3 p.m. Monday to Thursday
- Salvation Army Lighthouse - 1381 Cedar St – lunch service, bottled water, showers, clothes available noon to 1 p.m. Monday to Friday.
- Outreach workers from various organizations dropping off supplies to people in the community.
- Community Water Stations available at: Spirit Square, Robert Ostler Park, Frank James Park and the Tyee Spit
- Willow Point Splash Park: Open daily from 9 a.m. to 9 p.m.
- Centennial Pool: Everyone welcome daily from 12:30 to 1:30 p.m. For more swim times please call 250-286-5317 or visit campbellriver.ca/pools
- McIvor Lake and local beaches

What else can you do?



Find shade or indoor space - avoid being in the direct sun for long periods of time



Drink water with electrolytes (Gatorade/Powerade) - avoid alcohol, caffeine, and excessive sugar



Protect yourself with sunglasses, a wide-brimmed hat and sunscreen - minimum SPF 30



Wear lightweight, light-coloured, loose-fitting clothing



Use an umbrella as a parasol