

STAY SAFE IN EXTREME HEAT

Protect yourself and others

Stay Cool & Hydrated

- Drink water often, even if you do not feel thirsty.
- Go to cool places like a library, mall, community centre, or cooling centre.
- Reschedule strenuous outdoor activity or plan outdoor activities during cooler parts of the day.
- Take breaks from the heat by spending a few hours in a cool place.
- Wear light clothes, stay in the shade, and do less outside from 10 a.m. to 4 p.m.
- Cool off with a shower, bath, or wet towel.
- Eat light meals and stay away from alcohol, energy drinks, and too much caffeine.
- Check on family, friends, and neighbours.

KNOW THE WARNING SIGNS

**Get medical help right
away if you notice:**

- Feeling dizzy or fainting
- Feeling sick to your stomach, throwing up, or having a headache
- Muscle cramps
- Fast breathing or a fast heartbeat
- Very strong thirst, confusion, or dark pee
- Headache

WHAT TO DO

Call 911 immediately if:

- The person is confused
- Passes out
- Stops sweating
- Feels very hot

Daytime Cooling Centres

Cooling Centre locations are public spaces within the City where individuals are welcome to come in and seek shelter during extreme heat events.

INVISTA Centre - 1350 Gardiners Rd.

Mon - Fri: 6:00 a.m. – 10:00 p.m.

Sat: 7:00 a.m. – 8:00 p.m.

Sun: 8:00 a.m. – 8:00 p.m.

Calvin Park Library Branch - 88 Wright Cres.

Mon - Thu: 9:00 a.m. – 8:00 p.m.

Fri & Sat: 9:00 a.m. – 5:00 p.m.

Cataraqui Centre - 945 Gardiners Rd.

Mon - Fri: 10:00 a.m. – 8:00 p.m.

Sat: 10:00 a.m. – 6:00 p.m.

Sun: 11:00 a.m. – 5:00 p.m.

Kingston East Community Centre - 779 Highway 15

Mon - Fri: 6:00 a.m. – 9:00 p.m.

Sat & Sun: 8:00 a.m. – 8:00 p.m.

Central Library Branch - 130 Johnson St.

Mon - Thu: 9:00 a.m. – 8:00 p.m.

Fri & Sat: 9:00 a.m. – 5:00 p.m.

Pittsburgh Library Branch - 80 Gore Rd.

Mon: 9:00 a.m. – 1:00 p.m.

Tue: 12:00 p.m. – 8:00 p.m.

Wed: 10:00 a.m. – 6:00 p.m.

Thu: 12:00 p.m. – 8:00 p.m.

Fri: 1:00 p.m. – 5:00 p.m.

Sat: 9:00 a.m. – 5:00 p.m.

Rideau Heights Library Branch - 85 MacCauley St.

Mon & Wed: 10:00 a.m. – 8:00 p.m.

Tue & Thu: 10:00 a.m. – 2:00 p.m.

Fri & Sat: 9:00 a.m. – 5:00 p.m.

Housing & Social Services - 362 Montreal St.

Mon - Fri: 8:30 a.m. – 4:30 p.m.

For more information about homelessness programs and supports, visit the City's Homelessness Services webpage:

CityofKingston.ca/Homelessness-Services

If you have questions
or feedback, please email
Homelessness@CityofKingston.ca.

